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FLASK IN THE LIMELIGHT
THE 'PEG'S 'EMPTYFUL' SCULPTURE BECOMES A SOCIAL MEDIA STAR
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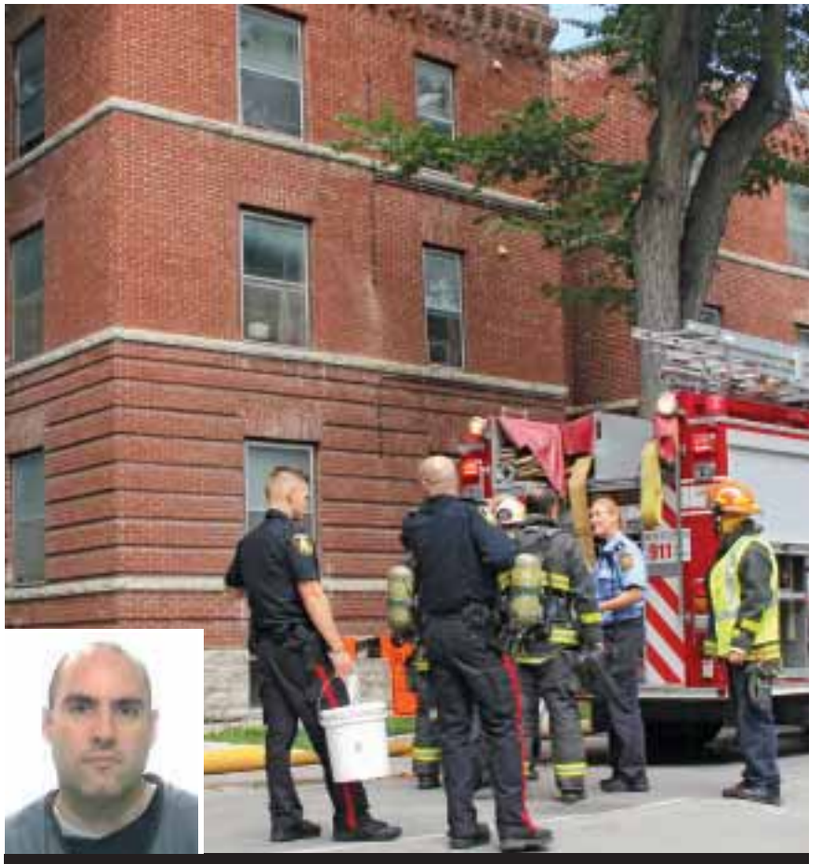



Winnipeg police and emergency personnel in front of 357 Assiniboine Ave. on Tuesday, where they say they found explosive materials inside the apartment of Joel Donald Calder, inset.
SHANE GIBSON/METRO; INSET: COURTESY WPS

# Neighbours say they were terrorized by accused arsonist

**Explosives.** Enough gasoline, natural gas to blow up the building, police say

SHANE GIBSON
shane.gibson@metronews.ca

Neighbours of the man accused of attempting to blow up a downtown apartment Tuesday afternoon say he has been terrorizing residents of the block for years, and took the alleged drastic actions just a day before he was to appear in front of the Residential Tenancies Branch for eviction.

Joel Donald Calder, 49, of Winnipeg, stands charged with arson disregarding for human life, arson causing damage to property and possession of incendiary material and explosives with intent to cause damage to property, after residents at 357 Assiniboine Ave. noticed a strong smell of gas and called police and firefighters to the block at about 11 a.m.

While police wouldn't say exactly what they found in the suspect's suite, a source in the building — who was too terrified to have their name published — said emergency crews found glass jars filled with gasoline and a ruptured stove gas line when they were called in.

"This thing could have blown up the building and killed everyone in it," said the resident of the building. "This man is incredibly dangerous."

A number of neighbours said Calder has long been feared by other tenants in the building because of his antisocial behaviour, including allegedly breaking into rooms and cutting neighbours' cable lines. Many believe he was behind a fire lit in the building's garbage cart a couple of weeks ago.

"Everybody in the building is scared of him," said one neighbour.

Calder is no stranger to police, either.

He served seven years for attempted murder after he sexually assaulted and stabbed numerous times a woman he'd just met after she shunned his sexual advances in 1991. Upon his release he was again charged, this time with criminal harassment and uttering threats, after he stalked a woman he met in an online chat room in 2002.

Winnipeg police spokesperson Det. Sgt. Natalie Aitken didn't confirm any of the neighbours' allegations on Wednesday, but did say the threat to the apartment and tenants was "immediate" when emergency crews arrived.

"It's fortunate that we were called," she said.

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Paula Potosky, in blue, plays Mary Poppins in Rainbow Stage's production of the famous book and Disney movie. BERNICE PONTANILLA/METRO

# Mary Poppins: Practically perfect in every way

**Step in Time.** It's a jolly holiday with a new stage production of the classic film at Rainbow Stage

**More info**

**Mary Poppins opens on Friday and runs until Aug. 29. Visit rainbowstage.ca for more information on the shows and tickets.**

Supercalifragilisticexpialidocious surprises are in store for all those who come out to see Rainbow Stage's production of Mary Poppins, says its lead star Paula Potosky.

Winnipeg's Potosky, who plays the beloved nanny made famous by Julie Andrews in the Disney movie, says their production is "pretty special, pretty unique."

"There are so many surprises in this show that I don't want to give away, and one thing that really, really surprised me was the way the show has made me feel," she says.

"Some of our audience members have said the same thing, that they're surprised at the amount of emotion they feel watching this show."

As the magical nanny, Potosky gets to "fly" during the performances, an experience she calls "thrilling."

"It's magic, it is magic, that's all I'll say," she says with a big smile and laugh.

Rainbow Stage's visit to Cherry Tree Lane also features Colleen Furlan, the Winnipegger who made the final four in the CBC's Over the Rainbow television search for Dorothy in the Wizard of Oz last year.

She jokes that she "can't get away from the rainbows."

"I'm carrying on my dream. (The CBC show) was one thing and now I've moved on to another and I'm having a great time at Rainbow Stage," says Furlan, who plays Katie Nanna and a member of the ensemble.

"It's a huge dance show and I don't think a lot of people know that about Mary Poppins."

Furlan says among her favourite numbers is that of the chimney sweeps in the high-tempo Step in Time song.

"It's probably one of the best Rainbow Stage shows I've ever seen (and) been a part of, so it's an incredible experience," adds Furlan.

BERNICE PONTANILLA/METRO

## President. Orphaned beaver flies off to rehab

An orphaned baby beaver who was found on a walking trail in rural Manitoba was flown to its new home in Ontario Wednesday.

An air charter service flew the beaver pup from Winnipeg to Peterborough, Ont., so the animal can be rehabilitated.

The Aspen Valley Rehabilitation Sanctuary, which already houses seven beaver cubs, says its current residents will provide much-needed companionship for the new arrival.

"Beavers are quite social animals," said the sanctuary's managing director, Howard Smith. "To ensure their survival as best you can at the early stages, they should be with other beavers."

The beaver has been named President, in honour of those who organized its flight to Ontario. President Air Charter offered to transport the beaver for free. THE CANADIAN PRESS

A baby beaver in a tub. The orphaned pup named President was flown to a new home in Ontario Wednesday. CONTRIBUTED

**Climber**

### Man falls to his death in Banff

A Manitoba man is dead after he slipped and fell 150 metres in Banff National Park Wednesday.

A spokesperson for Parks Canada says the man, 71, was climbing Mount Victoria with his partner near Lake Louise when he fell to his death just before 7 a.m.

The man's body was recovered later Wednesday morning with the assistance of Alpine helicopters, the spokesperson says.

The man's next of kin has been notified. No other information is available, including the man's name.

Foul play has been ruled out. METRO

**St. Boniface**

### Suspect sought after armed fight

Winnipeg police are looking for a suspect after a man was assaulted with a weapon during a fight outside a St. Boniface hotel early Wednesday.

The victim was taken to hospital with upper-body injuries and is now in stable condition after two men, who police say knew each other, got into a fight outside the Norwood Hotel around 2:30 a.m.

Police would not say what type of weapon was used. METRO

**Trans-Canada Highway**

### Head-on crash kills van driver

Police are looking into what led to a crash on the Trans-Canada Highway Tuesday near Portage la Prairie that killed a Winnipeg man.

The 66-year-old died when his eastbound minivan crossed the ditch and hit a westbound pickup pulling a trailer head-on west of the Portage la Prairie Overpass around 12:15 p.m.

The driver of the minivan was pronounced dead on scene while a passenger, the man's wife, was airlifted to Winnipeg and is now listed in stable condition.

The man driving the pickup, a 61-year-old from Ste. Anne, suffered non-life-threatening injuries.

Police are not releasing the name of the man killed. METRO

# ‘Emptyful’ attracting plenty of chatter and admiration

**Where art and science chill.** Sculpture ‘really lends itself to photography’

BERNICE PONTANILLA
bernice.pontanilla@metronews.ca

A sculpture in the heart of downtown Winnipeg has become a social media hit, in addition to being a must-see for residents and visitors alike.

While nothing compares to seeing Vancouver artist Bill Pachet’s ‘emptyful’ in person at the Millennium Library Park, the 10-metre-high volumetric flask with water, steam and colours looks incredible in pictures, said Alix Sobler, communications manager for the Winnipeg Arts Council.

“It really lends itself to photography, which makes it perfect for social networking sites” such as Twitter, Flickr and Facebook, she said, adding they’ve received requests for information on the sculpture from Germany, France, Italy and Russia.

“A piece like emptyful is really served by the Internet.”

Emptyful was featured in June on a popular Facebook page called “Science is Awesome,” which has nearly half a million followers.

“It’s not only art, it’s a feat of engineering,” said Sobler of the installation, which is made of stainless steel and was created as part of the Council’s Public Art Program.

Carol Phillips, executive director of the Winnipeg Arts Council, said emptyful’s online following includes both artistic and scientific communities.

“People seem to be enjoying it so much, especially in the evenings when it has not just the water and steam, but also the lights,” she said.

“It’s just totally enlivened the area.”

The Millennium Library Park, including emptyful, was officially unveiled in July of 2012.

It’s only a year old, but the ‘emptyful’ installation at Millennium Library Park has already established itself both in Winnipeg and around the globe.
BERNICE PONTANILLA/METRO

# No one in hospital checked on dead man for hours: Examiner

A homeless man who died during a 34-hour wait in a hospital emergency room could have been dead for hours before his body was discovered, Manitoba’s medical examiner said Wednesday.

Thambirajah Balachandra told the inquest into Brian Sinclair’s death that rigor mortis had begun to set in when the double-amputee was declared dead on Sept. 21, 2008.

Security footage showed Sinclair moved his head around 5 p.m., 22 hours after he first arrived at Winnipeg’s Health Sciences Centre emergency room, Balachandra said. Sinclair didn’t appear to move again and was declared dead just before midnight.

It’s likely Sinclair had been dead “for a couple of hours” before being found, Balachandra said. Rigor mortis, the stiffening of the body after death, usually takes some 12 hours to fully set in, but Balachandra said fever or seizure can hasten the onset.

Sinclair died after being referred to the hospital by a clinic doctor because he hadn’t urinated in 24 hours.

Sinclair was seen on the video approaching a triage aide when he first arrived in the emergency department and then sitting in his wheelchair in the waiting room. Someone approached a security guard 34 hours later with concerns about Sinclair’s condition and he was pronounced dead.

The 45-year-old died of an infection from a blocked catheter that spread into the bloodstream and caused him to go into shock, Balachandra said.

Sinclair vomited on himself while waiting, a sign he was likely going into shock, Balachandra said.

At that point, Balachandra said, someone should have checked his pulse and talked to him, asking him why he was vomiting and whether he needed help or a drink of water.

THE CANADIAN PRESS

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## Autopsy report. N.B. brothers killed by python died of asphyxiation

The two boys killed by an African rock python in Campbellton, N.B., died from asphyxiation, say preliminary results of autopsies released by the RCMP.

The Mounties said a pathologist came to that conclusion after completing the autopsies on four-year-old Noah Barthe and his six-year-old brother, Connor.

"While we now have some preliminary information, investigators still have to wait for other test results to come back and for the final report," Sgt. Alain Tremblay said in a statement on Wednesday.

"We recognize that this has touched the hearts of people across the world and that people want to know how this could have happened. Our investigators are looking at all aspects of this tragic incident, and that will take some time."

Noah and Connor Barthe
FACEBOOK/THE CANADIAN PRESS

Tremblay said the necropsy on the snake shows that it was in overall good health but they are still waiting for a final report. THE CANADIAN PRESS

## Sochi Olympics. IOC, Russia feeling pressure over anti-LGBT law

With the Sochi Olympics just six months away, U.S. President Barack Obama and Stephen Fry have increased attention on Russia over its new anti-gay law.

The law, which was signed by President Vladimir Putin in June, bans "propaganda of nontraditional sexual relations."

Obama cancelled a September meeting in the city with Putin in a rebuke over Russia's harbouring of NSA leaker Edward Snowden, having also said in an interview hours earlier that he had "no patience" with countries that discriminate against gay people.

Fry, the British author and actor, went further in an open letter to British Prime Minister David Cameron and IOC president Jacques Rogge, comparing Putin's "barbaric, fascist law" to persecution of Jewish people in Nazi Germany, and calling for "an absolute ban" of the Games. THE ASSOCIATED PRESS

**Quoted**

**"Putin cannot be seen to have the approval of the civilized world."**

**Author and actor Stephen Fry,** in an open letter to U.K. Prime Minister David Cameron and IOC President Jacques Rogge.

# MM&A Railway files for Chapter 11

**Lac-Mégantic disaster.** Company chairman says bankruptcy protection filings in Canada, U.S. a 'direct result of the tragic derailment'

The Montreal, Maine & Atlantic Railway, whose train caused the deadly crash in Lac-Mégantic, Que., has filed for bankruptcy protection. RYAN REMIORZ/THE CANADIAN PRESS

The embattled railroad at the centre of the deadly Quebec train derailment has filed for bankruptcy protection in Canada and the U.S. amid a flurry of lawsuits and growing cleanup costs the company estimates will surpass $200 million.

The Montreal, Maine & Atlantic Railway initiated proceedings Wednesday for Chapter 11 bankruptcy protection in a U.S. court, while its sister firm in Canada presented a petition in Quebec Superior Court seeking relief from its creditors under the Companies' Creditors Arrangement Act.

"It has become apparent that the obligations of both companies now exceed the value of their assets, including prospective insurance recoveries, as a direct result of the tragic derailment at Lac-Mégantic," Ed Burkhardt, chairman of both companies, said in a statement.

"A process under Chapter 11 and the CCAA is the best way to ensure fairness of treatment to all in these tragic circumstances."

Documents filed in U.S. court say MMA has between $50 million and $100 million in estimated assets and between $1 million and $10 million in estimated liabilities. The bankruptcy-court filing was posted on the website of Maine's Bangor Daily News.

In Canada, court documents filed under the CCAA by Montreal, Maine & Atlantic Canada Co. state it has just under $18 million in assets. The CCAA allows companies protection while they work out ways of avoiding bankruptcy.

Robert Grindrod, president of the Maine-based railway, appeared for the filing in the Montreal courtroom, where several lawyers representing a number of interests were also present. He declined to comment on the matter when approached by a reporter.

One lawyer present in the courtroom for the CCAA filing said the judge is expected to make a decision on Thursday morning whether to grant the railway's request for creditor protection.

Attorney Jeff Orenstein is a member of a legal team that presented a motion last month to file a class-action lawsuit, on behalf of two Lac-Mégantic residents, against MMA, Burkhardt, Grindrod, train operator Tom Harding and other people and companies allegedly linked to the crash.

Orenstein said that either way he will continue his legal fight for his clients.

"We are exploring every avenue to make sure the people of Lac-Mégantic do recover for their damages," he told reporters.

"We'll continue pushing ahead to get everyone the compensation they deserve," he said.

THE CANADIAN PRESS

**Quoted**

**"We are joined in sorrow, a sorrow that will remain a part of me for the rest of my life."**

**Ed Burkhardt, chairman of the Montreal, Maine & Atlantic Railway**

'Concerning' shortage

## Blood Services falls into the red

Fewer Canadians have donated blood this summer, which has led to a "concerning" shortage that has prompted the Canadian Blood Services to draw on its national reserves, the charity said Wednesday.

More than 50,000 donations are needed between now and Labour Day to meet constant demand from hospitals and keep blood inventories at acceptable levels, the group said.

A spokeswoman for the group said the summer is usually "the biggest challenge of the year" partly because many of their regular donors are travelling.

THE CANADIAN PRESS

Rehtaeh Parsons

## Cyberbullying law enacted in N.S.

Time will tell if new legislation in Nova Scotia will protect young people from their online tormenters, the father of Rehtaeh Parsons said Wednesday as the law came into effect.

"It's only going to be as good as the people enforcing it," said Glen Canning in an interview.

Victims under the Cyber-Safety Act can seek a protection order that could place restrictions on or help identify the cyberbully. In the case of a lawsuit, parents of bullies could be held liable if the aggressor is a minor. THE CANADIAN PRESS

# End of DOMA saves Canucks in the U.S.

**Defense of Marriage Act.** News that change applies to foreign gay couples a true godsend

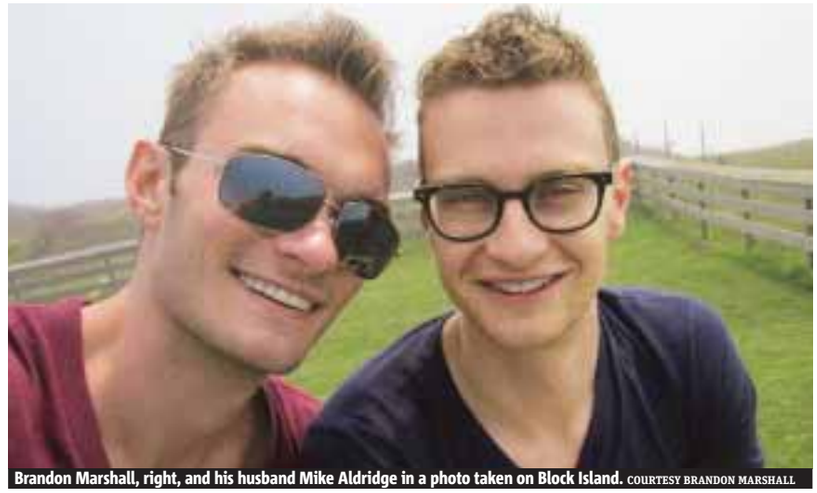
JESSICA SMITH
Metro in Toronto

On Friday, the U.S. secretary of state announced life-changing implications to thousands of Canadians: the end of the Defense of Marriage Act applies to all married same-sex couples, not just American citizens.

For Canadians like Brandon Marshall and his husband Mike Aldridge, the death of DOMA was fantastic news — but after the initial celebration they were left with a few questions.

"We were just really over the moon. It had such a big, direct implication for us," said Marshall. "But there was still a little bit of confusion as to what exactly it meant for us.... We weren't sure if it was just for U.S. citizens trying to sponsor their partners."

Marshall is an assistant professor in the Department of Epidemiology at the Brown University School of Public Health. Aldridge is able to stay in the U.S. for now as he studies for a Masters of Health Science as a radiology assistant.



Brandon Marshall, right, and his husband Mike Aldridge in a photo taken on Block Island. COURTESY BRANDON MARSHALL

Respect here and there

**"It's just wonderful to have our marriage fully recognized. It's not to say we'll live here forever ... but to have these opportunities afforded to us like any other couple is wonderful."** Brandon Marshall

Marshall has now started applying for a green card based on his tenure-track position with Brown. If it is approved, Aldridge will get a green card like any another spouse.

And that changes everything for them.

Since Marshall began post-doctoral studies in the U.S., they've had a difficult time finding ways to be together.

Aldridge could only stay in the U.S. for six months on a tourist visa. Going back to school would only be a temporary fix: even after he graduates, getting a work-based visa in his field would have been a challenge.

"It was looking pretty bleak," said Marshall. "Having DOMA repealed allows us to have longer-term options and plans on the table now."

For Aldridge, DOMA meant he couldn't work. Every time they crossed the border, guards had the discretion to re-evaluate his visa. They always worried he would be denied.

"To have your marriage ... not count is so disheartening and frustrating, to be treated differently at that moment," he said.

## 'Offensive.' Women's lobby scolds Baird over defence of gay rights

A conservative women's group has slammed Foreign Affairs Minister John Baird for defending gay rights on the world stage, saying his views are at odds with Canadian values and even his own party.

In a news release Wednesday, REAL Women of Canada said the minister has abused his post "to further his own perspective on homosexuality."

"It really is offensive," Gwendolyn Landolt, national vice-president of REAL Women, said in an interview. "The issue is really why is he interfering in a sovereign country?

"I don't want other countries to get what we have here where people's religious values and traditional values are being pushed aside and giving homosexuals priority."

Their criticism is linked to Baird's defence of same-sex rights in places such as Uganda and recently Russia, which is under fire for a new law that outlaws gay rallies and the use of the media and Internet to promote gay causes.

Baird revealed last week that Canada has been working for months trying to convince Russia not to implement the law. In an interview with The Canadian Press, Baird said the "mean-spirited and hateful law" is an "incitement to intolerance." TORSTAR NEWS SERVICE

# Apps don't help babies learn, group contends

**Washington.** Advocates ask U.S. regulators to examine claims made about educational value of mobile games for very young children

Smartphones don't make smart babies, an advocacy group declared Wednesday in a complaint to the U.S. government about mobile apps that claim to help babies learn.

The Campaign for a Commercial-Free Childhood, whose allegations against Baby Einstein videos eventually led to nationwide consumer refunds, is urging federal regulators to examine the marketing practices of Fisher-Price's Laugh & Learn mobile apps and Open Solutions' games, such as Baby Hear and Read and Baby First Puzzle.

The Boston-based group says developers are trying to dupe parents into thinking apps are more educational than entertaining.

It's the campaign's first complaint to the Federal Trade Commission against the mobile app industry as part of its broader push to hold businesses accountable for marketing claims about their technology to very young children and their parents.

"Everything we know about brain research and child development points away from using screens to educate babies," said Susan Linn, the group's director. "The research shows that machines and screen media are a really ineffective way of teaching a baby language. What babies need for healthy brain development is active play, hands-on creative play and face-to-face (interaction)."

The American Academy of Pediatrics discourages any electronic "screen time" for infants and toddlers under two, while older children should be limited to one to two hours a day. It cites one study that found infant videos can delay language development, and warns that no studies have documented a benefit of early viewing.

In a statement provided to The Associated Press, Open Solutions said it agrees that electronics are not a substitute for human interaction. But it noted the many positive reviews its apps have received by customers. "We also don't say 'get this game and let it teach your child everything,'" wrote the company, based in Bratislava, Slovakia.

Fisher-Price of East Aurora, N.Y., which The Associated Press contacted by phone and email, did not respond to questions.

THE ASSOCIATED PRESS

**Quoted**

**"Everything we know about brain research and child development points away from using screens to educate babies."**

Susan Linn, director of Campaign for a Commercial-Free Childhood

## Hong Kong haul points to surge in poaching

Hong Kong customs officials have seized a shipment of 1,120 ivory tusks, 13 rhino horns and five leopard skins worth about $5.5 million, according to Vincent Wong, customs' head of ports and maritime command. They were found in a container full of wood that originated in Nigeria, he said. Wildlife activists say China's growing presence in Africa is to blame for an unprecedented surge in poaching of elephants for their tusks, most of which are believed to be smuggled into China and Thailand to make ivory ornaments. Ivory can fetch up to $2,000 per kilogram on the black market and more than $50,000 for an entire tusk. No one has been arrested in the case. LAM YIK FEI/GETTY IMAGES

## Free work. MLB should have paid volunteers, suit argues

A lawsuit filed in New York says Major League Baseball staffed a profitable 2013 All-Star FanFest last month almost entirely with more than 2,000 unpaid volunteers.

The federal lawsuit was filed Wednesday in Manhattan. It seeks unpaid wages and an order to stop the league from soliciting and accepting work from unpaid volunteers.

The lawsuit says recruiting volunteers violates federal and state minimum wage laws. Lawyers brought the lawsuit on behalf of a Queens man who volunteered for five days at the event.

A young fan poses with gear he got at MLB's All-Star FanFest.

THE ASSOCIATED PRESS FILE

THE ASSOCIATED PRESS

**Personal finance**

### Few Canadians have emergency funds, poll finds

Fewer than 20 per cent of Canadians appear financially prepared to deal with an emergency, according to a poll done for the Bank of Montreal.

In its annual Rainy Day survey, 17 per cent of respondents say they have less than $1,000 in savings to draw upon in the event of an emergency. Another 20 per cent have up to $5,000.

THE CANADIAN PRESS

**Market Minute**

**DOLLAR** 95.94¢ (-0.44¢)

**TSX** 12,412.73 (-56.59)

**OIL** $104.37 US (-93¢)

**GOLD** $1,285.30 US (+$2.80)

**Natural gas:** $3.24 US (-8¢)
**Dow Jones:** 15,470.67 (-48.07)

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# SLEEPING ON THE KEYBOARD

HE SAYS

**John Mazerolle**
metronews.ca

One of the most important things to know about working the night shift is that it sometiah;a; ajioa mpfffff ghamha zjzzehzwez zzzzzzzzzzzzzzzzzzzz.

Oops, sorry about that. Fell asleep with my nose on the 'z' key.

This may come as a surprise to readers who assume this column pays for my luxurious lifestyle of never cooking my own meals, but to make ends meet I work several freelance writing jobs including the occasional night rotation at a news organization.

I'm in the midst of a three-week stretch working overnight, partially because I seem to be the only person who can tolerate the shift.

But working overnight has many perks, I believe.

I get exercise through a vigorous regime of repeatedly falling half-asleep and jerking awake. I earn friendships at work from co-workers who are glad they're not me. And there's a special thrill knowing I could bring down the company with a few unsupervised "mistakes."

So if you find yourself in similar work circumstances, don't despair. There are a number of tips I follow to make nights more tolerable, and by sharing them I hope to keep you in the dark, too.

**Working on your night moves: a guide to the late shift**

- Make your eight-hour shift more manageable by breaking it into eight one-hour naps.
- Remember that with your bosses absent, you are empowered to make yourself Supreme Ruler and Grand Protector of the Realm of Worklandia, and that a mop and bucket make a nifty sword and helm.
- You can learn a lot about human nature on the night shift. Check the Facebook chat box at 3 a.m. to see which of your friends are most haunted by their empty lives.
- Listen to Losing My Religion on repeat to promote R.E.M. sleep.
- During the day, occasionally throw your window open to the bustling street below and yell, "Some of us are tryyyying to sleep!"
- The night shift can be a much-needed escape from a stressful home life. So if your family life is good, change that.
- Your body will listen to the sleep signals you give it, so adjust your circadian rhythms by staying awake for 96 hours straight.
- Make your body think it's the height of day with a Seasonal Affective Disorder Lamp, some loud music, a two-four of Molson Canadian, and 10 of your closest friends.
- If co-workers arriving in the morning criticize the work you did while they were asleep in their soft beds, injuring them is completely acceptable, and in fact recommended.
- Use heavy curtains during the day so that you can live with the illusion you live in total darkness, which will make it easier to just give up.

And those are my tips. I hope you found them enlightening.

If my advice doesn't work and you still feel like the walking dead, console yourself with the knowledge that one way to deal with the zombie apocalypse is to become a zombie. Eeeeeeeeeeeeeee. Sorry. Nose on the 'e' key.

## ZOOM

# It's a goat thing they feed us for this

WIN MCNAMEE/GETTY IMAGES

## Landscapers are worth chewing over

Eco-Goats begin the process of clearing land adjacent to the historic Congressional Cemetery on Wednesday in Washington, D.C.

Dozens of goats will be used to clear a two-acre plot covered with vines, poison ivy and ground cover adjacent to the cemetery where former FBI director J. Edgar Hoover, photographer Mathew Brady and former vice-president Elbridge Gerry are buried.

Goats are being deployed for the task to prevent toxic weed-killing chemicals from being used so close to the nearby Anacostia River.

THE ASSOCIATED PRESS

**Their contract**

## 6 days

The goats that have been "hired" for the landscaping gig will work 24-hour shifts for six days. The Washington Post noted that Congress is currently not in session, but that the goats may "be more productive than Congress" has been. The cemetery is open from dawn to dusk but cars aren't welcome.

**Their employer**

- The business, called Eco-Goats, is based in Maryland. Owner Brian Knox says he got into the business by mistake, as a friend was trying to get rid of some goats. He soon realized how sustainable the method was.

## Clickbait

HANNAH ZITNER
hannah.zitner@metronews.ca

ISTOCK

**Look out, Spanish and Mandarin, there's a new language in town. Computer code is no longer the domain of the suspender-wearing, glasses-sporting computer-science geeks — coding is now cool. From programs like Code for Kids to Ladies Learning Code, computer language has gone mainstream. Getting down with code can put a strain on your wallet — but it doesn't have to with these free online courses.**

**Codecademy**
Learn JavaScript, Ruby, Python, etc., online, for free, at your own pace.

**Treehouse**
Using online videos, you can learn code, web design, etc., then practise what you've learned with quizzes.

**Udacity**
Stanford University offers free online courses on just about anything, including HTML, JavaScript and others.

## Comments

**RE: WpgParkingFail Shames Winnipeg's Poor Parkers, published online Aug. 5**

Kudos to the crew that saw this nugget of news from concept to execution. Mysterious creator who shall remain anonymous? You're writing a story about a blog, not taking down Nixon with Watergate. Guy's name is Paul Overwater. There. Hooray for domain registration info being public. And yup, Facebook confirms. Get some standards, Metro. This is basic stuff and you know it.

**Richard Curly posted to metronews.ca**

## Twitter

**@metropicks asked: WPGParkingFail.com shames 'Peggers for their parking skills, or lack thereof. What driver/cyclist/pedestrian offence do you think needs shaming?**

**@gaylebg:** all the problems and this is the best you can come up with. Raspberries

**@MartinvandenH:** Is RmdParkingFail.com far behind?

**Follow @metropicks and take part in our daily poll.**

**WE WANT TO HEAR FROM YOU:** Send us your comments: winnipegletters@metronews.ca

metro

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SCENE 2

# Play that funky music, metal heads

**Apocryphon.** The Sword mightier than robotic sounds that pervade much of todays metal

BACKSTAGE PASS
Jared Story
@metronews.ca

Austin, Texas, band The Sword gets its groove on at the Pyramid on Tuesday. CONTRIBUTED

Get the funk out.

Apocryphon — the latest album from Austin, Texas metal band The Sword — is as groovy as it is heavy.

"Thanks for noticing. We think so too," vocalist/guitarist John D. Cronise says, joined in The Sword by guitarist Kyle Shutt, bassist Bryan Ritchie and drummer Santiago "Jimmy" Vela III.

"We all like funky music and it just comes through. It's definitely something that comes natural to us but it's also something we definitely notice as well."

Formed in 2003, The Sword is heavily influenced by Black Sabbath, Led Zeppelin, Deep Purple and Blue Cheer, pioneering heavy metal bands that knew how to lay down a groove.

Cronise thinks other metal bands could take a cue from those classic acts.

"If you listen to a lot of older bands, there's a little more of a groove to their songs. It's not as sledgehammer-y as a lot today's metal is," Cronise says.

"Even if you listen to old country music from the '60s, a lot of it was very funky. It's nothing like what comes out of Nashville today.

"That's because it was done with computers," Cronise continues, after I point out that much of today's metal music sounds almost robotic.

"They're a great tool and they can help, but you can't just rely on them for your sound. It still has to sound like human beings."

Another big influence on the band is Metallica. In fact, The Sword has supported Metallica on three separate tours, as well as playing the Metallica-organized festival Orion Music + More in 2012.

Cronise says it was a huge thrill to open for his heavy metal heroes, but adds that it's easy to forget what city you're in when you're playing the arena rock circuit.

"The backstage of every arena pretty much looks the same," Cronise says. "It's all hallways with fluorescent lighting and the same kind of furniture everywhere, so it blends together after awhile.

"Clubs and theatres are a little more unique and distinctive. It (opening for Metallica) was awesome and it was cool to get a glimpse of that world, but I like to keep it a little more varied."

The Sword plays the Pyramid Cabaret on Tuesday. Doom rock trio Castle and stoner punks American Sharks open. Tickets are $23 at Music Trader and ticketfly.com. Showtime is 8 p.m.

Mark Wahlberg

## Wahlberg tells 'naughty' Bieber to clean up his act

Mark Wahlberg is no stranger to being a shirtless pop star with sagging pants, so he speaks with some authority when he gives advice to Justin Bieber — which is exactly what he did during a an interview recently.

"Justin, are you listening? Don't be so naughty, yeah?" Wahlberg said in a faux-British accent. "Be a nice boy, pull your trousers up, make your mum proud, yeah? Stop smoking all that weed, you little bastard."

Sylvester Stallone ALL IMAGES GETTY

## 'Greedy and lazy' Willis expendable to Sly as star launches Twitter attack

Sylvester Stallone doesn't like to hold back when it comes to Twitter. He couldn't resist taking a shot at Bruce Willis after announcing the Die Hard star had bowed out of the upcoming Expendables 3 despite appearing in the first two films. Shortly after announcing that Willis is out and Harrison Ford is in, Stallone posted a not-so-subtle, "Greedy and lazy. A sure formula for career failure." Stallone's reps confirmed to the Huffington Post that the words were meant as a reference to Willis.

# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

**The Word**

## *Turns out Lindsay Khan really get on your nerves*

Lindsay Lohan may be looking responsible and mature post-rehab, but while serving her 90-day stint at Cliffside Malibu she reportedly got under the skin of fellow patient Chaka Khan, according to Radar Online. "Lindsay just pushed all of her buttons to the point where she was aggravated and tired of Lindsay's s—," a source who was receiving treatment at the same time says. "Lindsay was just doing stupid stuff for attention, so Chaka told her she was childish and told her to grow up. Chaka was so annoyed with Lindsay. It got so bad that she refused to get in the same car with her or go to the same meetings. So Cliffside had to change everything up schedule-wise so the two were never together." Not only that, but the soul singer even checked out of rehab early just to avoid Lohan: "Chaka told me she was leaving early because she couldn't stand Lindsay," the source says

Dustin Hoffman

## Hoffman out of woods for now after cancer scare

Dustin Hoffman recently underwent treatment for cancer that doctors were able to find early enough to "surgically cure" him, his reps tell People magazine. "Dustin is feeling great and is in good health," his rep says, though she did not specify what type of cancer Hoffman had developed. The actor will continue preventative treatment to reduce the risk of the cancer returning.

**Twitter**

**@Sethrogen**
People seem more interested in the news that Harrison Ford has been cast in a movie than they are the actual movies he's in.

**@markduplass**
We don't need more scripts where the lead character gets fired & gets dumped in the 1st 5 minutes to justify their ensuing zany antics.

**@pattonoswalt**
Call your parents and apologize. Just, on general principles. For everything.

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# Watch where you're going

**It's about time.** The world's about to mix style with smart

RICHARD PECKETT
Metro World News

The Dick Tracy-style voice command watches are here. Yes, it'll be okay to chat to your wrist in public, but hey, thanks to Bluetooth phones we can already hear street soliloquies, so it shouldn't be a big deal. The question is: are today's smartwatches techy enough for the mass market?

"Only 100 million smartwatches will be shipped by 2017, in comparison to 1.6 billion smartphones and 280 million tablets," predicts senior analyst Joshua Flood at market intelligence company ABI Research. However, current smartwatches are likely to have an appeal with so-called "iPhone fanatics," thanks to their email, text, social media (Facebook and Twitter) and phone message alerts.

In fact, the iPhone generation has provided a fashionable market opportunity for Sweden-based Mutewatch, a "retro and futuristic" timer as described by CEO Mai-Li Hammargren. To look at, it's incredibly '80s, with a touch of Knight Rider-style but the technology is suitably Noughties: it has no buttons, is activated with the flick of a wrist or a touch of the screen, and charged via USB (battery life three to four days).

Smartwatches are part of a growing wearable technology trend, with head-mounted device Google Glass slated to hit stores in the U.S. at the end of this year and Europe in early 2014. However, whereas Mutewatch is something of a silent revolution that in Hammargren's words "handles digital lifestyle," companies such as i'm Watch, Martian and Pebble are hoping to get wearers wired up to social media, such as Twitter and Facebook, for a more immersive experience.

But why are technology giants entering into an always-risky new market? Flood explains, "A smartwatch that can sync with your smartphone is a great way for brands like Apple and Samsung to build on their foundation of tablets and phones." He adds: "It's an ideal device from the component side too because they already have the necessary partners and contracts in place to produce a smartwatch — it's simple in terms of ecosystem and software."

## What's on the market?

### The classic watchmakers

Casio G-Shock GB-6900AA links to iPhone 4s and 5. The device notifies the wearer of calls and emails and has a "phone finder" function. $180, casio.com

### The classic watchmakers

Citizen Eco-Drive Proximity AT7030-05E syncs with an iPhone 4S or 5. The watch vibrates with calls, emails and events on download of a free proximity app. $495, citizenwatch.com

### Technology drivers

Martian G2G offers iOS and Android compatibility. The timepiece has inbuilt voice command via Siri or Google Voice for smartphones and includes social media updates and posting. $249, martianwatches.com

### The technology drivers

I'm Watch can receive calls, emails and even manage events and appointments, with the added bonus of enabling the user to download and listen to music. $299, imsmart.com

## News. Apple eyes the style experts

The ties between fashion and technology are drawing tighter as Apple appoints YSL Group's former chief executive Paul Deneve. "He'll (Deneve) be working on special projects as a vice-president reporting directly to (CEO) Tim Cook," announced Apple.

Deneve is the latest recruit from the fashion world to join the Californian-based company, with J.Crew's CEO and chairman Mickey Drexler on Apple's board, while Cook is a director at Nike Inc. RICHARD PECKETT

**One-minute miracle**

### Moroccanoil Body Buff, $42, moroccanoil.com

"This scrub exfoliates, hydrates and conditions thanks to a mixture of orange peel, almond, safflower, sesame, avocado and grape seed oils and vitamin E—and of course the signature Moroccanoil ingredient, argan oil."
Ashley Kowalewski, The Kit.ca

FOR MORE FASHION AND BEAUTY NEWS YOU CAN USE, CATCH UP WITH THE KIT AT THEKIT.CA

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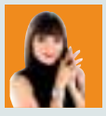


JEANNE SPACE
Jeanne Beker
life@metronews.ca

TWITTER HAS BECOME A COOL AND SUCCINCT WAY OF COMMUNICATING. IT ALLOWS ME TO BE ACCESSIBLE, INSTANTLY SPEAK MY MIND AND CONNECTS ME WITH ALL KINDS OF PEOPLE. WHETHER IT'S A FASHION QUESTION OR YOU JUST WANT TO COMMENT ON LIFE'S BIGGER PICTURE, I'D LOVE TO HEAR FROM YOU.

Savouring the beauty of a #NovaScotia beach. Sublime weather!!!

What a way to move around! Running errands in Chester... in style. Thanks to my pal Tim Moore...)

**The Kit**

## Canadian street style

**Spotted in: Toronto**

Emma

Marketing Director

Age: 27

**What she's wearing**

Ripe floral dress from Winners, Steve Madden sandals, Anon sunglasses, vintage necklace.

**Her inspiration**

"I get inspiration from other people's style, street style!

And from my friends. I also check out fashion blogs like High Snobiety and Bloomberg Weekly."

THE KIT IS A MULTI-PLATFORM BEAUTY AND FASHION BRAND WHICH INCLUDES AN INTERACTIVE MAGAZINE AND DYNAMIC APP, A WEBSITE, KIT CHAT – AN E-NEWSLETTER PROGRAM – AND A WEEKLY NEWSPAPER SECTION TOO!

# Pop goes the ice – in your mouth

Andrew Chase was one of the most popular guys in his neighbourhood last year while developing recipes for his cookbook, 200 Best Ice Pop Recipes.

Creating the recipes for the book turned out to be a lot of fun, said the food writer and former chef. "It exploded. I realized how much fun it is and how many different things you can do with all the fruit and all the coffee and the tea and the chocolate and the cocktails."

These Fudge Ice Pops, for example, are rich and chocolate-fudgy — and definitely a step up from the commercial treat. But they still retain the youthful spirit of a fun indulgence.

**Tomorrow's Paper**

**Need a fresh way to chill out this summer? We got you covered with easy ideas for delicious do-it-yourself ice cream flurries.**

**Ingredients**

- 550 ml (2 1/4 cups) milk
- 15 ml (1 tbsp) tapioca flour
- 125 ml (1/2 cup) unsweetened cocoa powder
- 60 g (2 oz) semisweet chocolate, chopped
- 175 ml (3/4 cup) sweetened condensed milk
- 3 ml (3/4 tsp) vanilla extract

Tapioca flour is often called tapioca starch. They are identical products.

**1.** In a saucepan, whisk milk and tapioca flour, then whisk in cocoa. Whisking constantly, bring to boil; reduce heat and simmer, stirring often, for 5 minutes. Remove from heat and whisk in chocolate until melted, incorporated and smooth. Stir in condensed milk and vanilla. Set aside to cool.

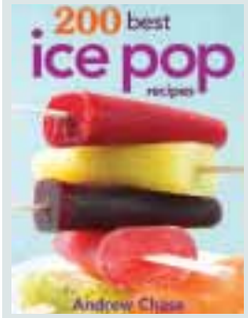
**2.** Pour into moulds and freeze until slushy, then insert sticks and freeze until solid, at least 4 hours. If you are using an ice pop kit, follow manufacturer's instructions. **RECIPES ON THIS PAGE: 200 BEST ICE POP RECIPES BY ANDREW CHASE (ROBERT ROSE INC., ROBERTROSE.CA, 2013)/ THE CANADIAN PRESS**

**Fudge Ice Pops**

**This recipe makes about 750 ml (3 cups), nine to 12 ice pops.** THE CANADIAN PRESS H/O

**Cookbook of the Week**

## Cool it right down




One of the easiest frozen treats you can make at home is an ice pop and Andrew Chase's 200 Best Ice Pop Recipes allows you to expand your repertoire.

All recipes eliminate artificial flavourings and colourings and are actually full of healthy ingredients. But these aren't just your typical ice pops because included are flavours from Mexico, Asia and the Caribbean. Among the ice pops in the book are Citrus Fruit, Asian Ice Pops, Coffee and Tea, Adult Pops (with alcohol) and more. **METRO**

# That's amore! Italian meringue stars in treat

**This recipe makes about eight to 10 ice pops.** THE CANADIAN PRESS H/O

Italian meringue is a cooked meringue with a thick, silky texture.

It is often used as a base for European-style sorbets, but here it is used in sweet and smooth ice pops.

You can replace the frozen raspberries with 625 ml (2 1/2 cups) fresh berries. Place in a saucepan over medium heat with 30 ml (2 tbsp) water and 15 ml (1 tbsp) granulated sugar. Cook until berries are soft, 3 to 5 minutes. Set aside to cool.

**1.** In a large bowl, using electric mixer at high speed, beat egg whites and cream of tartar until stiff but not dry. Set aside.

**2.** In a small saucepan over high heat, cook sugar and water until it reaches the large-ball (hard-ball) stage: 121 to 124 C (250 to 255 F) on a candy thermometer or when it forms a hard ball when a little is dropped from a spoon into cold water. Beating constantly, pour syrup in a thin stream into reserved egg whites. Beat at low speed until meringue is cool, 2 to 3 minutes. Set aside.

**3.** Place sieve over a large measuring cup and strain raspberries, pressing down and scraping solids with a rubber spatula to extract as much pulp and juice as possible. Discard solids. Fold in meringue until thoroughly combined.

**4.** Pour into moulds and freeze until slushy, then insert sticks and freeze until solid, at least 4 hours. If you are using an ice pop kit, follow manufacturer's instructions.

**Ingredients**

- 2 egg whites
- Pinch cream of tartar
- 150 ml (2/3 cup) granulated sugar
- 50 ml (1/4 cup) water
- 500 ml (2 cups) thawed frozen raspberries

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For more information call **204-986-5613.**
**www.grantsoldmill.ca**

# Add fashion to your floors

With fall only a few weeks away it's time to think about warming up your feet — while adding style to your rooms, of course. Let's take a walk through the house and see what rug style the e-tailers are offering up this fall.

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

## Bedroom

No need for a large rug to go under the bed; measure the remaining floor space after the bed is in place, then choose a rug size to cover the remaining floor. Add some old world charm to your hardwood with a farmhouse style poly/cotton braided rag rug.

**Pandoro Dusty Shale Oval, five by eight inches, $230, homesav.com**

## Living room

If you have solid-coloured, plain-patterned living room furnishings then choose a rug that has pattern. Remember that the front feet of all furnishings must be sitting on the rug; if they are not then the rug is too small for the space. Large-scale gingham pattern uses all the trendy colours.

**Stockholm Checkered Reversible Wool Rug eight by 11.5 inches, ikea.ca**

## Dining room

Since the table and chairs will sit in the centre of the rug; keep the edges lively with colour rather than the centre. Rule of thumb is that border-designed rugs work better in dining rooms. Surround the table and chairs with an artful border that is reminiscent of an Art Nouveu landscape painting.

**Mohawk's Stain-resistant nylon Strata Valence eight by 10 inches, $300, homedepot.ca**

## Kitchen

Standing and cooking for long periods of time is made bearable with a rug filled with non-toxic gel.

**Wicker textured Oyster Grey Gel filled mat, 20 by 48 inches, $160, gelpro.com**

## Foyer

Keep the look of a foyer rug "busy" or worn to help hide high-traffic wear, and use colour as a decor statement to compliment what you have throughout the house. Vintage over-dyed rugs are saturated with colour for old-world style with a contemporary vibe.

**Three-by-nine Colour Transitions Vintage Wool Sumak Rug, $380, ecarpetgallery.com**

## Bathroom

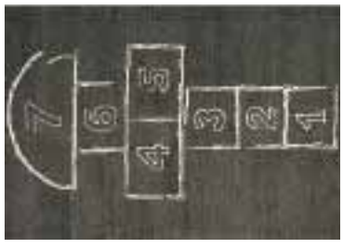
I like themed bath mats; that way I don't confuse them for a towel! This cozy cotton lamb lies patiently for your wet feet.

**Small Sheep Bath Mat, two by three inches, $20, simons.ca**

## Kids

Durable enough to play on yet comfortable enough for nap time on the floor. Could be fun in the foyer too. Cement-coloured fun mimics chalk on the road.

**Hopscotch Rug, four by six inches Wool, $230, cb2.com**



## Outdoors

Wake up the great outdoors with crisp blue and white underfoot. Also great to use in play and sunrooms indoors.

**Fab Habitat Athens Outdoor Rug, six by nine inches, $215, amazon.ca**

# Rubber ducky, you're the one, now let's make showering fun

Mosaic tiles offer endless possibilities for a variety of colour and pattern combinations, and can drastically transform a drab area into a more vibrant space.

**Step 1: Prepare walls for tiling**

Before you begin tiling, first strip off any flexible coverings such as wallpaper, scrape away loose paint, knock the sheen off glossy finishes with a light sander, and patch any holes or cracks in the drywall using spackling compound. Make sure the installation surface is clean, dry and structurally sound. Then use two by fours and a backer board to frame the wall and prepare it for tiling.

**Step 2: Set tiles**

Each sheet of tile will be numbered and there will be a pattern specifying where to lay each one.

First, seal the walls using a V-notched trowel to spread thin-set adhesive on the wall surface. Press the tiles down firmly to set and continue this process following the order of each numbered sheet.

**Step 3: Remove plastic covering**

Peel and stick tiles are the most popular and cost-effective product. The plastic covering can be removed by simply peeling off the top of the tile once it's set in place.

**Step 4: Apply grout**

Applying grout is a vital part of the bathroom tiling process and should not be overlooked. Once the tile is dry, apply a non-sanded grout over the entire wall in upward motions. Make sure to work the grout into the grout lines between the tiles.

Wipe off the excess with a wet sponge and then allow 24 hours to dry. Once dry, seal the grout using a brush to apply a high quality tile sealant to the grout lines. Allow the sealant to dry completely, then apply one to two more coats. This will keep water from penetrating the grout and tiles, which could cause them to break loose. This will also prevent any mold or mildew from developing.

I HATE MY BATH OFFERS MORE TIPS ON HOW TO GIVE YOUR BATHROOM A BOOST, THURSDAYS AT 10:30 P.M. ET/PT ON DIY NETWORK CANADA

Do you constantly think your morning shower could be more vibrant? This DIY idea is for you. ISTOCK IMAGES

# THINK NEIGHBOURHOOD FIRST

## WHEN PURCHASING THAT NEXT ITEM ON YOUR LIST

CONTRIBUTED

No two neighbourhoods in Canada are exactly alike. The identities and qualities that draw us to a neighbourhood are based on its residents, its common spaces and, more often than not, the small businesses with which they populate.

There are more than one million small businesses across the country and their role in shaping the identities and atmospheres of our communities is a crucial one. Their prosperity has implications on employment creation, on dollars kept close to home, on support for local causes or initiatives, and on a neighbourhood's ability to continue to attract commercial and residential investment.

Technology has changed how we as shoppers locate information and has consequently increased competition levels for small businesses. From a consumer standpoint, it has made the world a smaller place, with a purchase as easily made across an ocean as across the street.

Yet, often overlooked in favour of pricing and convenience is our individual ability to directly influence the growth of the areas where we live, work and play through our choices in where we spend our hard-earned dollars.

Among the effects of shopping at local businesses:

• Local businesses create jobs: Small businesses are the largest group of employers in Canada. The more local jobs that are created, the more the neighbourhood grows.

• Better relationships: One of the main attributes of local businesses is their often exceptional customer service. Customer relationships where a business owner knows you by name and knows your likes and dislikes still exist in local enterprises, making your shopping experience a memorable one.

• Decision-making power stays local: Local ownership means that business operation and activities that may affect the community are made locally.

• Local businesses keep dollars close to home: Dollars spent within the neighbourhood directly benefit the local economy and tend to be reinvested within the community in the form of local employment or the contracting of locally-based supplies and services.

As residents and consumers, we all play a role in the survival of Canada's small businesses. A single purchase at a local retailer or service provider helps preserve the aspects of our neighbourhoods, which make them unique. A simple sale that might be a drop in the bucket for a large retailer can often help a small business stay open and continue to grow.

So when buying that next item on your list, put your neighbourhood first.

*– François Ramsay, senior vice-president with Yellow Pages Group*

# MAKING WINNIPEG A BETTER PLACE TO LIVE

The best businesses are run by good citizens. Graham Todd knows that, and that's why his company, Reliable Mobility Home Healthcare Centre, does what it can to make Winnipeg a better place.

"Our products help clients perform tasks that most of us take for granted," says Todd, whose business sells products ranging from wheelchairs and walkers to those that manage pain, incontinence, posture and more. "We seek an assessment from a medical professional to ensure our clients buy the product best suited to their needs."

The company provides more than hardware — it provides guidance, too.

"We encourage clients to be independent, to the degree that they still can. Independence is what so many of our clients want, but cannot achieve, without assistance. That assistance might come from one of our products, or from better education, or both."

Reliable Mobility buys locally whenever possible, which is good for Winnipeg in general, and the company's clientele in particular. "Spending your money in your own community leads to a better community, it's that simple. It also lowers shipping costs, shortens timelines, and makes it easier for businesses to find a common understanding."

What benefits business, benefits the client, too. It's what being a good citizen is all about.

Make a local purchase today and support local business owners like Graham Todd.

CONTRIBUTED

SMALL BUSINESSES, BIG IMPACT.
Make a local purchase today and help your neighbourhood thrive.
MY NEIGHBOURHOOD FIRST
→ myneighbourhoodfirst.ca

CONTRIBUTED

# A PIECE OF THE COUNTRY IN THE CITY

It's a taste of the Prairies in the heart of downtown Winnipeg.

Every Thursday, from 11:30 a.m. to 5:30 p.m., rows of market vendors take up residence outside Manitoba Hydro Place Plaza, at the corner of Edmonton Street and Graham Avenue, for the Downtown Winnipeg Farmers' Market.

"People are really loving the concept of having a farmers' market in downtown Winnipeg," said Signy Gerrard, communications and marketing manager for the Downtown Biz. "We have a lot of business people who work in the area stop by on their lunch breaks, and many of the people who live downtown come by and really enjoy it. The first week we opened, it was elbow to elbow."

With offerings like fresh fruits and vegetables, baked goods, bison meat, honey and homemade preserves, many folks drop by the farmers' market for lunch, or to pick up something for dinner.

Beyond the array of fresh food, the market offers locally made jewelry, soaps, clothing, art and other handmade items.

"It's a great place to come by yourself, or with your friends, and enjoy all of the local items you can't find in the average store," Gerrard said. "It's also a wonderful way to support local businesses."

The Downtown Winnipeg Farmers' Market runs every Thursday until Sept. 5., and will be at Manyfest on Broadway from Sept. 7-8. For more, check out downtownwinnipegbiz.com.

# YOUTH BUILD SELF-ESTEEM AT FORTWHYTE FARMS

The FortWhyte Farms program at FortWhyte Alive works with inner-city youth, using the practice of sustainable agriculture to build employment and leadership skills.

The program's slogan — Growing youth, food and community — speaks to the interconnectedness between us and the food we eat. With growing consumer awareness of the benefits of buying food locally, FortWhyte Farms embodies these values and so much more. What happens in farm fields has a rippling effect on our community's social, nutritional, and environmental well-being.

A cornerstone of FortWhyte Farms is building self-esteem and confidence in youth through hands-on skill development and leadership training. The youth internship program provides employment to those who have demonstrated commitment and a strong work ethic.

FortWhyte Farms produces thousands of pounds of vegetables each year that are sold on-site at its market (Tuesdays, from noon to 6 p.m.) and through its community supported agriculture program. FortWhyte Farms also raises and sells pastured chicken and honey harvested from its beehives.

Your support of the FortWhyte Farms enables youth to grow in ways never before imaginable. Your family reaps the healthy benefits of fresh, local food, which lightens your environmental footprint.

For more information, please visit fortwhyte.org/fortwhytefarms.

CONTRIBUTED

DOWNTOWN WINNIPEG FARMERS' MARKET
- home grown goodness -

Thursdays
11:30am - 5:30pm
July 4 - September 5

Manitoba Hydro Place Plaza
(corner of Edmonton Street and Graham Avenue)

Check www.downtownwinnipegbiz.com
for this week's vendors!

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FortWhyte Farms Open Market

TUESDAYS THIS SUMMER AT FORTWHYTE ALIVE, 12 - 6 PM!

Visit FortWhyte Farms' Summer Market for fresh, naturally-grown produce straight from our garden, as well as honey and our pasture-raised chicken.

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GROWING YOUTH, FOOD & COMMUNITY

Gifts inspired by the natural world...

FortWhyte Nature shop

Stop by the FortWhyte Nature Shop and browse our vast assortment of home and garden decor, books, toys, local food items, and unique made in Manitoba gifts.

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HUMAN. NATURE.

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info@fortwhyte.org · www.fortwhyte.org

ISTOCKPHOTO/THINKSTOCK

# FILL UP AT GAS STATION VILLAGE MARKET

The Gas Station Village Market is a local, community-based initiative of the Gas Station Arts Centre that encourages a stronger connection between food producers and the community.

Started in 2008, the Village Market features all types of vendors who are exclusively from within a 100-mile radius of the city limits, giving the Osborne Village community unprecedented access to locally produced goods and services.

The market runs every Thursday from 4-8 p.m. until Sept. 5. Along with local vendors, the Village Market also offers a patio series of music from 6-8 p.m., with different local musical acts every week.

# ENHANCE YOUR BEAUTY AT BURA INTERNATIONAL

Bura International Beauty & Hair Supplies has everything you are looking for to enhance your beauty. The woman who can bring your hair vision to reality is Patience. She has more than 14 years of experience in Winnipeg in hair weaving, individual braids, corn rows, hair twists and much more.

The store sells wigs, hair extensions, weaves, beauty products, hair products, hand bags and accessories for hair. Hair can be sold in 100 per cent human hair, yak hair, synthetic and premium blend hair. Lengths come in eight, 10, 12, 16, 18 inches and longer. All hair colours are available. All hair types are available from straight, body curl, passion wave and Brazilian hair.

Name brands that are sold in the store are Model Model, Remi, Harlem, Milky Way, Model Model Pose, Sensual Collection, Premium Encore, and many more from which to choose.

If you want the latest styles in hair, wigs, products and accessories and hand bags then come to Bura International Beauty & Hair Supplies at 1172-A Pembina Highway. The store is open six days a week, Monday to Friday from 9:30 a.m. to 6:30 p.m., and Saturday from 9 a.m. to 7 p.m.

To book an appointment and let Patience create your vision of beauty, call 204-944-0964 or stop by the store.

CONTRIBUTED


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# FOCUSING ON COMMITMENT TO QUALITY

## PHOTO CENTRAL

CONTRIBUTED

If you are interested in anything to do with photography, from cameras and lenses to printing and photo gifts, courses, accessories and even telescopes, Photo Central is a locally owned business that has all this and more.

A local favourite for photographers for decades, Photo Central provides all levels of photographers with the equipment, supplies, and advice they need in a hobby and industry that is always changing.

In an Internet age where people are conditioned to read reviews and get their information online, a lot of people end up making poor choices based on bad or partial information. Photo Central's daily task is to help people avoid those pitfalls. According to owner Andrew Toews, two things set Photo Central apart from the competition — quality of product and quality of staff.

"We're not your typical store," Toews says. "Whatever you're buying, whether it's a camera, a lens, a nice canvas print for your wall, or even just a battery or memory card, we're going to take the time to make sure you're getting the best you can for your budget. Big box stores and large chains have to sell what they buy in bulk, but we don't do that. Photography is very personal and very subjective.

"Everyone is different, and it is impossible to say camera "X" is the right one for someone without getting to know them. Does it fit your hands? Does the viewfinder work for your eye? Is that tripod the right height and weight for both you and your camera? We will take the time to figure out what is best for you personally, not just sell you the latest buzz product."

What drives Photo Central to keep delivering on its promise is Toews and his staff's commitment to quality.

"People have become accustomed to mediocrity and that's not good," Toews says. "Quality products, quality printing, these are available, and people want them, but customers don't realize they are available because they don't see them in larger stores.

"Come in a few times, and we will get to know you," says Toews, who says Photo Central's single biggest asset is its staff.

"We keep a small staff, which means you will see the same people every time you're in. We build a lot of great relationships with our customers, and the better we know you the more we can help you get better pictures and have a better time as a photographer."

As a testament to the relationships Toews builds with his customers, one need only look at his friends and family. Chris Insull, the manager at Photo Central, was a customer who has since become Toews's closest friend and right-hand man at the store.

"I met my wife here," Toews says. "My best friend, too. Most of my close friends were customers first. My staff, too. My interest in their hobby led to friendships beyond that. And now my staff are making similar connections. It's sometimes hard for people to understand that we really are sincere here. We want to help you. When we ask a question, we're not trying to pry. We are trying to help. Just selling things isn't rewarding for us, but teaching and helping people is. That's why I kept the business in the family."

The history of Photo Central is typical of many family businesses. In 1975, Dick Toews was hired as the manager of Independent Photo, and stayed as such until purchasing the business in 1991, when he renamed the store Photo Central, and it has steadily grown ever since.

ISTOCKPHOTO/THINKSTOCK

In 1998, Andrew Toews began working at Photo Central, and served in various capacities until purchasing the business from his father in 2008. Seeing the need for more visibility in a market that is increasingly competitive, Andrew Toews moved the business to its current location at 957 Portage Ave. in October 2012.

Toews, who is married to Darlene and has two young children, is also dedicated to helping local businesses like his survive and flourish in a time when modern trends can make things tough. Toews is a member of the Winnipeg Executives Association, and also sits on the board of Fotosource, a national buying group for camera stores like his that allows them to compete with larger retailers.

"We need to make sure local businesses survive. Our money and our people need to stay in our city, in our province, and in our country. There is too much of a drain already, and in the end it is our communities that will suffer. We are forgetting that relationships matter. The relationships I have built, and that my father built before me, they are a product of stores like Photo Central, and they need to continue."

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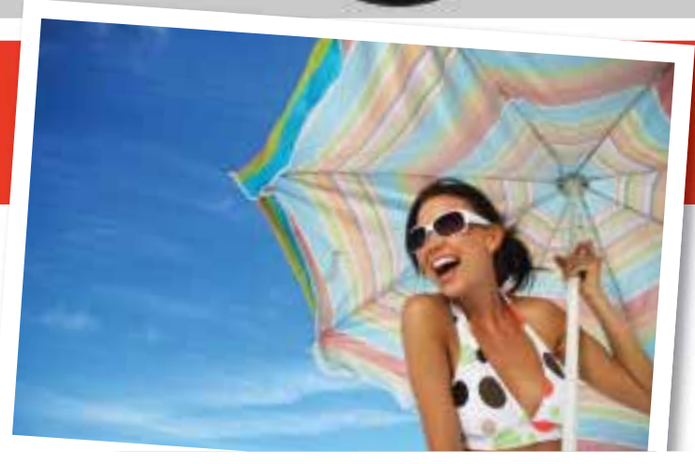

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# EATING ORGANIC FOOD ON A BUDGET

Buying food that has been grown without toxic chemicals is becoming increasingly important to Canadians. Decreasing exposure to potentially harmful pesticides and other pollutants is now a top priority for many consumers and their families. Today's shoppers want healthier and more nutritious choices but do not want to pay more.

There are many who believe eating organic can be too costly, especially when feeding an entire family.

To help with this common concern, the Canada Organic Trade Association (COTA), the Canadian Organic Growers (COG) and the Canadian Health Food Association (CHFA) have partnered to share the top five simple, yet effective tips for eating organic on a budget:

NEWS CANADA

**MEAL PLAN BEFORE YOU SHOP —** The average household wastes 14 per cent of the food they purchase because it goes bad before they have a chance to use it — especially produce. Planning what you are going to cook before you shop and buying items based on a meal plan will reduce the chances of it being thrown out.

**LOOK FOR SPECIALS AND BUY IN BULK —** Specials can be downloaded from a store's website or cut out of your weekly flyer. When items are marked down this is a great opportunity to stock up, especially on non-perishable goods.

**BUY IN SEASON —** Purchasing fresh produce when it's in season will be more cost-effective and is a great opportunity to freeze and preserve organic produce so you can eat it all year long.

**GO MEATLESS —** Cheese and meats are often the most expensive items, but cooking with beans and lentils are an important and cost-effective protein option.

**PRIORITIZE YOUR PRODUCE —** Certain produce is much more highly contaminated with pesticides (apples, spinach and tomatoes) while others tend to be lower in residue (asparagus, avocado, sweet potato.) Do your research and make sure to purchase organically grown produce or items low in pesticides.

*– News Canada*

# SMALL BUSINESSES, BIG IMPACT.

There are over 1 million small businesses across Canada who leave a big mark on our lives each and every day.

They sustain our economy, create jobs and help us manage our daily needs. Their presence helps grow and shape the neighbourhoods where we live, work and play.

Your next purchase can make a difference for a small business owner and in turn, for your neighbourhood.

**Shop local and put your dollars to work building healthy, thriving neighbourhoods.**

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# YOUR CONVENIENT GROCERY STORE

## DOWNTOWN FAMILY FOODS ON DONALD

CONTRIBUTED

It's a grocery store designed for the people who live in Winnipeg's downtown area.

Downtown Family Foods, located at 1-120 Donald St., is one of the area's largest grocery stores with 8,000 square feet of space and more than 3,000 skews of product.

"We carry a lot of stuff for a store our size," says owner Craig Fredette, adding that the store is always expanding to meet the needs of its clientele.

"Our customers come in as often as three to five times a week because, in most cases, they can only shop for what they can carry home."

The store, which is open seven days a week, boasts a full kitchen that prepares cooked meals daily, as well as a meat department, an in-store bakery, and a catering service. Customers who are unable to come into the store have the option of buying their groceries online at winnipeggrocery.com and having them delivered the same day, or the following day for a small fee.

"We're pretty accommodating to our customers," Fredette says. "If they ask us to bring something in, we will try to do that for them."

Each week 5,000 flyers are distributed to residents in the downtown area, and like any grocery store, Downtown Family Foods boasts monthly specials and in-store promotions.

Customers who shop at Downtown Family Foods can expect the kind of experience and service that is different than the experience they would have at a large scale grocery store — customers have the option of buying smaller portions of meat, or not having to buy multiple items in order to receive a discounted price.

"If something is 'buy two for $5' and a person only wants to buy one, they pay $2.50," Fredette says.

"Or if someone only wants to buy one chicken breast, we'll do that for them. You can't expect people living downtown to buy multiples of things."

Downtown Family Foods is open Monday to Friday from 8 a.m. to 8 p.m., Saturday from 9 a.m. to 7 p.m., and Sunday and holidays from 11 a.m. to 6 p.m.

FAMILY FOODS Downtown Shop online 24 hours a day at winnipeggrocery.com

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CONTRIBUTED

# YOU CAN REWRITE YOUR TATTOO HISTORY

Every tattoo has a story behind it. Whether it's a significant life event, or a phase in life that has since passed, every tattoo tells a permanent story that some people may wish they could rewrite.

Thanks to Chris Woywada of Bionic Tattoo Removal, located on Strewart Street in Winnipeg's Westwood neighbourhood, people are able to not only rewrite their storied bodies, they are also able to change or erase parts of the story all together.

"People come in for all kinds of reasons," Woywada said of his clients. "Some people have a tattoo that reminds them of an ex-boyfriend or girlfriend, some got a tattoo in a place that they're no longer comfortable with, and some people just don't like their tattoos anymore."

The process starts with a consultation to ensure the client is an eligible candidate for the procedure. Every tattoo is different, Woywada said, but generally it takes between 12 to 15 sessions to completely remove a tattoo and three to six sessions to fade a tattoo to the point where a person can cover it up.

The laser removal specialist, who is one of only a handful of laser specialists in the province, received his accreditation from a medical aesthetics school in Arizona in May.

For more, visit bionictattooremoval.ca or call 204-219-5669.

# RIDE AROUND IN STYLE

## WITH LONDON LIMOS

People have been riding around in style for 25 years, thanks to London Limos, Winnipeg's largest executive car service with a fleet of 49 various luxury vehicles.

With a selection that boasts everything from town cars and stretch limos to a stretch SUVs and a 20-passenger limo, London Limo has something for every person and occasion.

"We're booked for weddings every Saturday," says Sandra Squires, dispatcher for London Limos. "But we also do more than just special events, we cater to people who are coming to and from the airport, or who want to use our service to go to dinner or Jets and Bomber games."

The chauffeured car service is available 24 hours a day, seven days a week, which customers can book over the phone, or online at londonlimos.ca.

Given the size of some of the vehicles, Squires says it's often cheaper for large groups to book a large executive vehicle, rather than taking two or three cabs.

"We look at the price difference and look for the cheapest possible rate," Squires says.

VSTOCK/THINKSTOCK

"We're trying to provide the best service possible to our customers, to give them that VIP experience that they may want to experience."

Car service rates are dependent on each trip. Call 204-783-6827, or toll-free at 1-800-268-5816 to book your ride.

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# SMALL STEPS MAKE BIG DIFFERENCE

Embracing a buy local philosophy doesn't have to be arduous, a pair of Canada's leading advocates say. And while people may feel their efforts won't matter, that's simply not the case.

"They're wrong if they think that," says Don Mills, president of Local Food Plus. "It will make a difference.

"As consumers, we can have some control over our purchasing choices. I think we can have more of an impact than we give ourselves credit for."

It's not an all-or-nothing proposition, says Jessie Radies, founder of Live Local Alberta. Any little bit can help, and possibly lead to more involvement down the road.

"I don't think we need to be militant about the 'local' message," she says. "I encourage people to start small and make small shifts in their behaviour. Start by committing to 10 per cent or 20 per cent of your spending local.

"If you set a goal of 100 per cent, you're just setting yourself up for failure. You have to do what makes sense for you. I've had people say to me, 'I'm a mother with three kids, I'm shopping at Walmart.' And I'll say to them, 'If I was in your position, I'd be right behind you in line.'"

Financial challenges come into play, but so, too, do habit. There is nothing wrong with making small adjustments, Radies says.

"You can still go to Starbucks every day, but maybe one day a week, try to stop at a local coffee shop. I don't think we need to be militant about the local message. From there you slowly make more changes and we find that people start to make decisions based on more than just price."

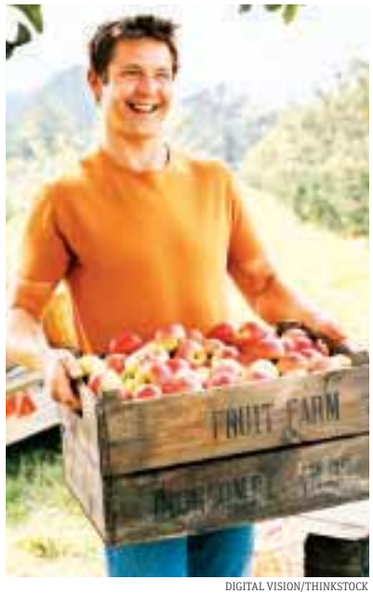
ISTOCKPHOTO/THINKSTOCK

Asking questions about where your products come from can also start the change, Mills says.

"Like where our $3 T-shirts are made, we need to understand the environmental and social costs of cheap produce," he says. "Understanding and asking questions, even in big chains. Not many people talk to the produce manager and say, 'Where is this from?'

"Backing away from highly processed and looking at raw ingredients will bring us back nicely. Those are areas we can start to make a difference. It's a lifelong journey of food. We can start by making small steps."

*– Jason Menard*




DIGITAL VISION/THINKSTOCK

# FOOD IS A CORNERSTONE FOR SOCIETY

The next time you go to a grocery store, Don Mills, the president of Local Food Plus, suggests taking a look at where your food is coming from and questioning whether a local source may be more worthwhile.

"We're looking to relocalize food systems and focus on sustainability," he says. "In terms of what to focus on and get bent out of shape about, there's a lot of room to focus on shipping products when we already have them here.

"We're trying to alter redundant trade, like bringing in tomatoes and apples when we have those here. With storage technology we can have Canadian apples year round."

Local Food Plus is dedicated to promoting local food procurement and making people aware of the impact they can have in determining where their food supply comes from.

"Part of what we do is public outreach," he says. "There's lots more of that work that needs to be done. We're more divorced from the food system than we ever have been.

"I think a lot of education needs to happen. Just as with the textile industry has seen with the Bangladesh tragedy, ignorance can lead to bad choices."

But that doesn't mean he will try to to guilt you into it. "We focus more on the carrot than the stick."

From large-scale operations like Walmart and Loblaws introducing organic foods to their shelves, to societal changes, Mills says he has seeing optimistic signs.

"One area of optimism has to be in the direct sale of food," he says. "There's a resurgence in people who want to get to know their farmers and know exactly where their food is coming from.

"Food is a cornerstone for society and it's an easy way to see success. Food is nutrition, but it's also a celebration."

Different variables bring people to the buy local food movement, he says.

"My experience is that people don't see the question as one catch-all. For some, hormones and antibiotics in meat is their issue. For others it's pesticides, and for others its biodiversity or bees dying.

"Farmers respond to the market. We have to create that market and we can have quite a bit of effect through demand."

*– Jason Menard*

# THERE IS A SUSTAINABLE PAVING OPTION

## WITH CHASE RUBBER PAVING

CONTRIBUTED

The road home has never looked so good, thanks to Chase Rubber Paving.

New to Winnipeg, the rubber paving company has taken the city by storm, installing driveways, patios and landscape at homes throughout the city, as well as some homes outside the perimeter in East and West St. Paul and Selkirk.

"Things have just taken off," said Angela Chase, owner and installer at Chase Rubber Paving. "We have been getting inquiries from people throughout the city and beyond, who are curious about our product."

The sustainable paving option is one that allows people the opportunity to not only repave their driveways or patios in an environmentally friendly way, it also gives them the flexibility to choose from different colours and colour flecks that would best suit their home.

The product is made from recycled tires that have been ground up to rubber crumbs and combined with a proprietary binding agent. When applied, it creates a smooth, seamless surface that is crack resistant and will stand up to Winnipeg's extreme climate changes.

Chase Rubber paving is the only Manitoba dealer and installer for Shercom Industries, the Saskatchewan-based company that is one of the largest rubber paving companies in North America.

Working with Shercom has given Chase the opportunity to start her business locally, in the community that she loves, while having the backing of a supplier that has a long-standing reputation of exceptional workmanship and a quality product.

"For me, it's something that I really believe in," she said. "I'm proud to offer a new, environmentally-friendly method of paving to the people in our province. Not only does it have a solid reputation, but becoming a rubber paving installer has given me the opportunity to operate a local business and contribute to the local economy."

Chase admits that once people learn about the environmental aspect and the durability of the product, it's not a hard sell.

"This is something that people feel good about using," she said. "They've been looking for an alternative for a long time, and now they've got one."

For more information or to get a free estimate, visit chaserubberpaving.com or call 204-887-5951.

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# QUALITY FURNITURE AT GREAT PRICES

They say if you don't like the way something is done, you should do it yourself, and that's exactly what Kevin Hopfner did in 1997.

The president of Treehouse Furniture and Mattresses, located at 1038 St. James St., Hopfner wanted to offer people the option to buy quality furniture at a reasonable price.

"I worked at various furniture stores for many years, and I saw the product that would come in get more and more inferior," he says. "I knew that we could make a better product and that we could do it locally."

With the help of his two brothers, Hopfner set up shop in Winnipeg, selling bedroom suites, dining room sets, and custom order furniture made out of solid wood. The brothers from built a 20,000-square-foot manufacturing plant in Morris, where all the furniture is made. Hopfner says they wanted to keep the business local, in part to ensure that all the furniture was built to their standard.

"Through us you can get a solid Manitoba-made product at the best factory direct price," Hopfner says, noting that you won't find any particle board furniture in his shop.

CONTRIBUTED

"We only use Canadian wood to build our furniture, and we make sure that we're working in a very sustainable and environmentally friendly way."

Being environmentally friendly is a priority for Hopfner, who says that five trees are planted for every one tree Treehouse Furniture uses for manufacturing. Also, Hopfner says having a local manufacturing plant means the company uses less gas emissions, minimizing pollution when it is shipping its product.

"Container ships hauling in products from overseas release more pollution into the atmosphere then planes, trains, and automobiles combined," he says.

Customer satisfaction is the key to Treehouse Furniture's success; the store has been a fixture in Winnipeg for nearly 16 years, and the friendly staff makes it a priority to help customers find furniture that suits their individual needs. If a customer doesn't find a style they like, they can bring in their own design and have a piece custom built.

For more information, please visit thetreehousefurniture.com.

# HELP TREEHOUSE FURNITURE CELEBRATE ITS BIRTHDAY

Treehouse Furniture, located at 1080 St. James St., is celebrating its sweet 16th birthday and you are invited to the party.

The locally-owned business wants to give back to the community that has helped make it so successful over the last 16 years. Starting today, all floor model items will be put on clearance to make room for new items.

Whether you are looking for a new bedroom suite, a dining room table, or just a coffee table to go along with the furniture you already have in your home, now is the time to get it.

This weekend only, Treehouse is offering a complete bedroom set for the same price it offered it for at its grand opening sale 16 years ago. The offer includes a bed, dresser, mirror, a two-drawer night stand and a five-drawer chest for $1,299, which is a savings of $1,299 from the  regular price of $2,499.

Plus, to help celebrate, the first 16 customers to order a set will receive a free blanket chest, which is valued at $500.

"All of our furniture is made from solid Canadian wood, which means it looks good and it's built to last," says Kevin Hopfner, president of Treehouse Furniture.

"If there is an issue with a piece of furniture we offer a three-year manufacturer's warranty, and a lifetime warranty on all drawers. The bottom line is that we want our customers to buy a piece of furniture they love, and leave the store knowing that they've invested in a well-made, quality product."

Hopfner, his brothers, and the staff who work at Treehouse Furniture have spent the last 16 years designing, building and selling pieces that they themselves would be proud to display in their own homes.

CONTRIBUTED

"When you buy a piece of good quality furniture, you're going to have it in your home for many years, we understand that," Hopfner says. "That's why it's so important to us that everything is made to reflect a contemporary and timeless style. Our furniture is made for Manitobans by Manitobans."

For more information, visit thetreehousefurnitire.com or call 204-775-3176.

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# CUSTOMER IS IN THE DRIVER'S SEAT

## AT FRONTIER SUBARU

Located across from the University of Manitoba at 2537 Pembina Hwy., Frontier Subaru was established in 1998 by Marcel and Val Thompson. The Thompson's had a vision to create a family business that would not only offer a quality product they were proud to put their name behind, but would give their customers a car-buying experience with which they were both comfortable and happy.

The dealership was built on the philosophy that the customer is always right. And, 25 years later, that philosophy is still very much the foundation of the business today.

In an interview, Cal Sobering, the sales manager at Frontier Subaru, quickly reinforced the Thompson's mission to provide exception customer service.

**METRO:** What makes you different from other car dealerships?

**SOBERING:** Well, we're a pretty user friendly dealership. When a customer comes in, they will be greeted properly and helped based on what they need and want in a vehicle. There are no high-pressure sales tactics and programs here. It's our job to make sure we give the customer the best information possible because we want to make sure they're comfortable with the decision they make.

**METRO:** What do you mean by high-pressure sales tactics and gimmicks?

**SOBERING:** Our advertising stays away from gimmicks and sales, and I think our customers appreciate that because they're tired of the smoke and mirror tactics that some salespeople use. The bottom line is that we're here to provide a service to people and we want that, along with the product and overall value, to be better than our competitors. Our respectful sales methods are reflected in our pricing, which is very rigid, meaning there are no hidden fees and the customer will always get fair value for the dollar they pay.

**METRO:** You say that you don't use gimmicks, but don't you need some kind of gimmick to stay competitive in the automotive sales industry?

**SOBERING:** No, I don't think so. Our business is built on the foundation of respect. In order to be successful in any industry you have to have respect for the people you work with, and a mutual respect for the customer. When it comes to buying a vehicle, people don't have to go into a car dealership and be rushed into a sale. We understand that time is very important to people and we want to respect that and give them as much time and information we can before they make a purchase. All of our cars are the safest on the market with a five-star crash test safety rating. Often, we get customers who come into the dealership who don't even have a Subaru on their radar. However, after we've spent time explaining and demonstrating our product to them we encourage them to go home and do their own research before making a purchase. Eighty per cent of the time that is what sells the car. We don't need gimmicks when our products have the reputation and quality they do.

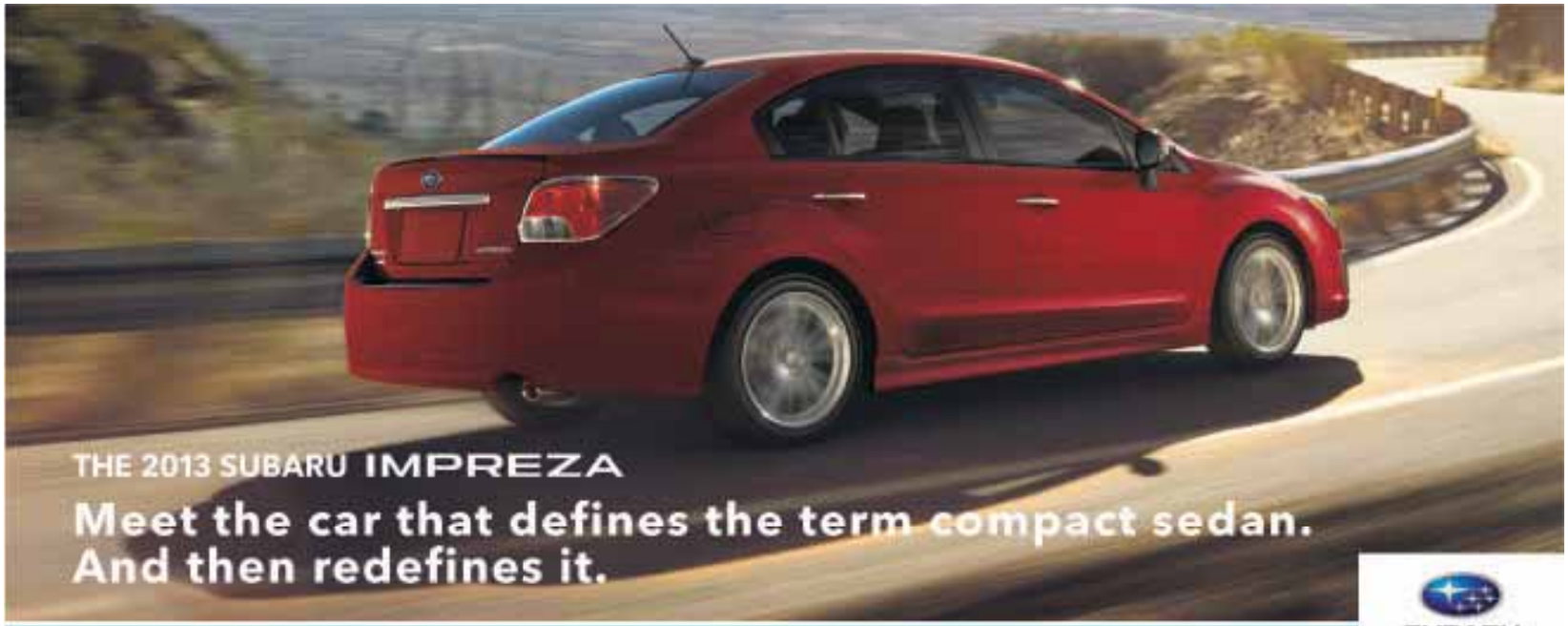
**METRO:** You make a good point. Do you drive a Subaru of your own?

**SOBERING:** I do, and so does my wife. I have been in the automotive industry all my life, and the first brand new car that my wife has ever owned is a Subaru Crosstrek. To give you a little background, my wife has not always been the most confidant driver, but since we got her Crosstrek, her confidence has changed drastically. Now when she needs to go out or run errands she just gets into the car and goes. One of the taglines Subaru uses is "Confidence in Motion," and that is one thing I have seen with my wife.

**METRO:** Why you believe so strongly in your product.

**SOBERING:** Because I believe in good quality products. Subaru is the fastest growing automaker in the country, with a 20.2 per cent increase to date. Our vehicles have some of the highest retained value, and they have a five-star crash test safety rating. Engineering and design, those are two pivotal things that Subaru prides itself on. For example, all Subarus have symmetrical all-wheel drive, which is safer for driving in the climate we live in. Our cars are the safest on the market.

For more information on Frontier Subaru, or to inquire about buying a new or pre-owned vehicle, visit frontiersubaru.com or call 1-877-659-0638.

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Bluetooth® mobile phone connectivity is standard on all Impreza models. All models also have a MediaHub with Bluetooth® streaming audio, allowing connection to an iPod® or USB.

**SUBARU BOXER Engine**

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†Fuel consumption figure rating posted by Natural Resources Canada of 5.5 L/100 km (highway) for a 2013 Subaru Impreza equipped with continuously variable automatic transmission and a 55 L fuel tank capacity. Fuel consumption figure should only be used for vehicle comparison purposes. Actual fuel consumption will vary based on driving conditions, driver habits and vehicle load. ‡Ratings of "Good" are the highest rating awarded for performance in four safety tests (moderate overlap front, side, roll over and rear) conducted by the Insurance Institute for Highway Safety (IIHS) (www.iihs.org). To earn a 2013 TOP SAFETY PICK, a vehicle must receive a "Good" rating in all four of these tests. *MSRP of $19,995 on 2013 Impreza 2.0i 4-door (DF1 BF). MSRP excludes Freight & PDI of $1,595. Taxes, license, registration and insurance are extra. $0 security deposit. Model shown is 2013 Impreza 2.0i Limited Package (DF1 LF) with an MSRP of $26,895. Dealers may sell for less or may have to order or trade. Offers applicable on approved credit at participating dealers only. Vehicle shown solely for purposes of illustration, and may not be equipped exactly as shown. See your local Subaru dealer for complete program details.

# FRONTIER SUBARU

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frontiersubaru.com

# BIG SAVINGS AT SUBARU!

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Local vehicle – Sunroof and more. Balance of Warranty
Stk# 92890
ENJOY FOR $19,960

### 2010 Subaru WRX 265 AWD

Now this is fun. 265hp of energy and adrenaline. Factory warranty. 7 others available.
Stk# 92770
ENJOY FOR $22,710

### 2008 Acura TSX

one owner local trade only 45,000kms
Stk# 13251a
ENJOY FOR $16,998

### 2011 Subaru Legacy AWD

LBoxer engine with a CVT transmission. Amazing fuel mileage, Only 15,000kms
Stk# 13268a
ENJOY FOR $18,920

### 2010 Subaru Impreza Sport AWD

sporty manual, heated seats sunroof and more only 33,000kms. Stk# 92680
ENJOY FOR $14,980

### 2010 Subaru WRX 5Dr AWD

265 hp of fun
Balance of warranty
Great value. Stk# 92760
ENJOY FOR $23,440

### 2010 Impreza Sport AWD

Local lease return, full service history. Only 37,000kms
Stk# 13325a
ENJOY FOR $14,980

### 2009 Subaru Impreza Sport 5 Dr AWD

auto air pw pl heated seats warranty and more
Stk# 92750
ENJOY FOR $15,210

CONTRIBUTED

# A LOCAL SOLUTION TO GLOBAL NEEDS

It's a place where local communities come together to help global communities — the MCC Furniture Store, located at 18 Keewatin Ave.

Run almost entirely by volunteers, the MCC Furniture Store has been an important fixture in Winnipeg's Westin area for nearly 10 years. In that time it has raised more than $1 million for local and international charity aid programs through the Mennonite Central Committee.

"Our store is raising money for important programs overseas by selling used furniture that we get through donation," says Beverly Hiebert, who has been volunteering with the organization for the past year. "Not only does it help people in other countries, but it's also a good way of recycling and reusing items, while providing affordable furniture for people on a limited income."

Store manager Rick Janzen has worked on both sides of the MCC organization — first, in developing countries, and now in the store, helping to raise those donations.

"The money goes a long way in helping people acquire some of the basic human needs that many of us take for granted," he says.

"It's wonderful to be a part of such an important organization."

Both Janzen and Hiebert credit the volunteers and customers for helping make the MCC Furniture store a local and global success.

For more, visit mcc.org.

# ATTAIN LIFE GOALS AT ROBERTSON COLLEGE

Robertson College, one of Canada's oldest private colleges, offers career training in business, IT and health-care programs, which usually run less than a year in length and are designed to meet the needs of Manitoba employers.

"Robertson College is truly committed to helping and caring for its students," says Jordan Fuchs, new media manager at Robertson College. "Time and time again, our students tell us how we have supported them and helped them attain their life goals. I believe because of this commitment this is why we have so many of alumni refer friends and family to come change their lives with us."

Most classes are offered in the morning in an effort to better accommodate students who maintain part-time jobs and family commitments outside of school.

Robertson College provides industry specific education to students in smaller class sizes than public institutions, allowing them to interact more with their instructors and classmates. Every program offers practicums that provide real world experiences. As well, the college offers lifetime career services to students and alumni to better help them grow in their careers.

The campus is located in downtown Winnipeg at 265 Notre Dame Ave., at the corner of Notre Dame Avenue and King Street.

For more information, or to enrol in a program, visit robertsoncollege.com.

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# A SHOWCASE FOR MANITOBA FOOD

When hitting your local farmers' market this summer, keep your eye out for Buy Manitoba signs, thanking you for buying Manitoba-made food and supporting a network of Manitoba businesses.

"When you go to a farmers' market you already know that you're buying Manitoba made food," says Gemma Manangan, project manager at Buy Manitoba. "We wanted to thank people for choosing to buy Manitoba products and help decorate the farmers' markets with a positive message."

Along with the signs and flags, the Buy Manitoba canopy has been rotating through farmers' markets, giving away free promo gear and a guide designed to help market-goers find when Manitoba produce is in season.

However, if you have ever been to a Manitoba farmers' market, you know that the offerings go beyond produce. In fact, with nearly 75 participants, Buy Manitoba has the inside scoop on some of the best food made in the province, which includes salsas and dips, pastas, meats, bread and desserts, honey, coffee, and many more delicious items, a lot of which can be found and purchased at Manitoba farmers' markets.

"Smaller food companies get to come out, sell their food locally, and build sales so they'll eventually grow," Manangan says. "Buying local stimulates economic growth, which helps to create more employment opportunities for all Manitobans."

For Pina Romolo, owner of Piccola Cucina, Manitoba farmers' markets offer her the chance to not only sell her specialty Italian macaroons, but the experience also allows her to learn what her company is doing well, and what it could do better.

"Once you get involved with Manitoba's farmers' markets you learn a lot from other vendors, and it gives you a good opportunity to step out and showcase your product in more of a grassroots way," Romolo says.

CONTRIBUTED

Romolo sets up her specialty Italian macaroon stand three days a week — Wednesdays and Saturdays at the St. Norbert Farmers Market, and at the Downtown Farmers' Market on Thursdays.

"Everybody has been so supportive of us and our business," Romolo says.

For more information on Manitoba farmers' markets, visit buymanitobafoods.ca. For more information about Piccola Cucina, visit piccolacucina.ca.

SHOP LOCAL
YellowPages.ca
METRO CUSTOM PUBLISHING IN PARTNERSHIP WITH

| NUMBER ON MAP | FARMERS' MARKET | LOCATION | MARKET HOURS |
|---|---|---|---|
| 1 | Skinners Locks Market | 608 River Road, Lockport | Sundays 12 noon - 5 pm |
| 2 | Red River Farmers' Market | 3977 Portage Ave., Winnipeg | Saturdays 9 am - 2 pm |
| 3 | Transcona BIZ Market Garden | 135 Regent Ave W., Winnipeg | Thursdays 11 am - 3 pm |
| 4 | Concordia Farmers' Market | 1000 Molson St., Winnipeg | Thursdays 11 am - 3 pm |
| 5 | Health Science Centre Farmer's Market | 707 McDermot Ave., Winnipeg | Wednesdays 10 am - 5 pm |
| 6 | Wellness Institute Farmers' Market | 1075 Leila Ave., Winnipeg | Tuesdays 10 am - 4 pm |
| 7 | Main Street Farmers' Market | 865 Main St., Winnipeg | Fridays 2 pm - 6 pm |
| 8 | The Forks Outdoor Market | 202-One Forks Market Rd., Winnipeg | Sundays 11 - 4 pm |
| 9 | Beausejour Farmers' Market | 2km east of Beausejour on Hwy 44 Beausejour | Fridays 2:30 pm - 6:30 pm |
| 10 | West Kildonan Community Farmers' Market | 1680 Main St., Winnipeg | Saturdays 8:30 am - 1:00 pm |
| 11 | St. Norbert Farmers' Market | 3514 Pembina Hwy., Winnipeg | Saturdays and Wednesdays 8 am - 3pm |
| 12 | Gas Station Village Market | River @ Osborne, Winnipeg | Thursdays 4 - 8 pm |
| 13 | Downtown Winnipeg Farmers' Market | Edmonton @ Graham MB Hydro Place Plaza, Winnipeg | Thursdays 11:30 am - 5:30 pm |
| 14 | Lac Du Bonnet Farmers' Market | 25 McArthur Ave., Lac Du Bonnet | Saturdays 10am - 1pm |
| 15 | Gimli Farmers' Market | Gimli Harbour, Gimli | Saturdays and Sundays 10 am - 2 pm |
| 16 | Lundar Farmers' Co-Op Inc. | #6 Highway and Goose Statue, Lundar | Tuesdays and Fridays 2pm - 6pm |
| 17 | Petersfield Community Club's Summer Market | Mallard Park on Highway #9 Petersfield | Sundays 11 am - 3 pm |

WANT TO KNOW MORE?

www.buymanitobafoods.ca

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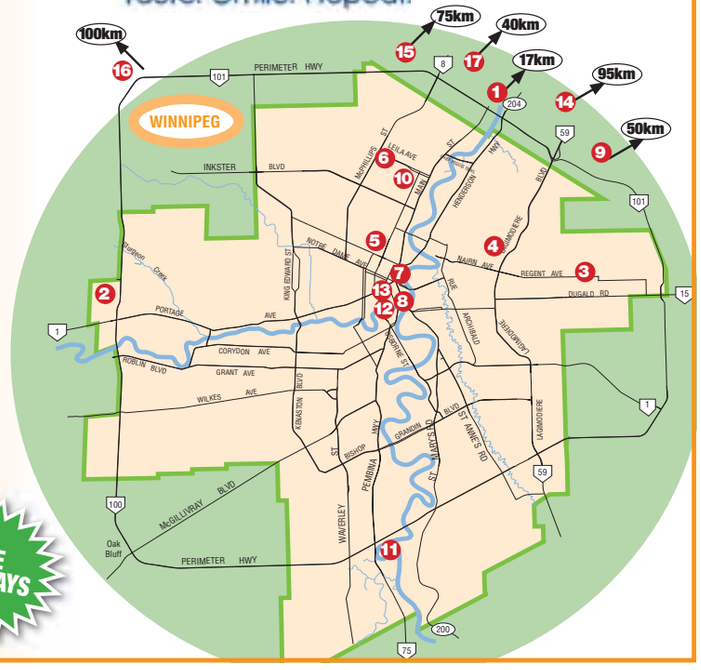
Taste. Smile. Repeat.




FREE GIVEAWAYS

**Look for our promo team today at the Gas Station Village Market 4 to 8 pm**

GEORGE DOYLE/STOCKBYTE/THINKSTOCK

FUSE/THINKSTOCK

# TRY ON THE SLOW CLOTHING MOVEMENT

Participating in the slow clothing movement won't cost you the shirt off your back, but making changes to your buying patterns could ensure that shirt is a little nicer, better quality, and more sustainable for all.

"For us, (slow clothing) means we work with artisans and we want to add as many hands into the garments as possible," says Charlotte Kwon, owner of Maiwa Handprints in Vancouver. "That's a change from the newer model, which is to remove those hands from the process, making it faster and automated.

"That industry is focused on cutting people out from the process. With just a bit of change, it doesn't have to be that way."

From the creation of the fabrics in India to finishing and distribution in Canada, Kwon says they are focused on sustainability for all.

"We haven't gotten big. We're not going to be working for this model. But we keep gainfully employed 4,000 people, weavers, spinners, block printers, finishers, not including the staff on-site. They're continuously employed. We don't pay minimum wage.

"We know who has woven, dyed, sewed it. With mass-made clothes, you have no idea who was part of the process. I can tell you who each and every person was part of this garment."

The garments are competitively priced, but have added value in that they are better quality, and Maiwa allows you to bring them back for repairs, alterations, and mending. For life. It's hearkening back to an older appreciation for quality clothes.

"Our closets have quadrupled in size," she says. "I have a house that's 104 years old and it's got the teeniest, tiniest closets. Now we have these walk-in closets and they're filled with cheaper clothing, but we haven't saved any money on clothes — we just buy more and we buy poorly.

"We need to start buying less, but buying better."

*– Jason Menard*

## CHANGE AGENTS

Diversity ensures a strong marketplace. So large-scale stores still have their place in a buy local world.

"It's an interesting situation when Walmart takes on organic," says Don Mills, president of Local Food Plus. "Fairly or unfairly, they're demonized for much of society's ills. Evolution of large changes is something that's happened. The reality is that's where a lot of people shop. It's not going to change any time soon.

"They can be very powerful change agents. They have the clout in the marketplace."

Jessie Radies, founder Live Local Alberta, also sees some value.

"I think they do have a place. I think they bring different benefits to a local landscape. Being completely dependent on a local food source could set a foundation for problems. For example, a totally local food source would be susceptible to weather issues."

SHOP AT HOME
Buy Local
Starts Thursday, Aug. 8 thru to Sunday, Aug. 25
Buy 2 get 1 FREE*
Of equal of lesser value on select items in the store
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PIZZA 2 - 15" TWO TOPPING FOR $33.99
12 PIECE CHICKEN DINNER WITH FRENCH FRIES, COLESLAW, GARLIC TOAST & GRAVY FOR $23.50
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# NUTRITION ADVICE AT A GREAT PRICE

## MUSCLES BY MEYERS

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You don't have to look far to get the kind of sports nutrition advice the pros live by.

Located on the corner of William Avenue and Isabel Street, Muscles by Meyers Sports Nutrition is Manitoba's longest serving sports supplement retailer.

Meyers, which also serves as a pharmacy and natural food store, has offered a wide array of nutritional supplements at a competitive rate to Manitobans for almost 40 years.

"We began as a Winnipeg-based pharmacy," says Dave Clow, general manager. "In 1974, the current owner, Lyall Meyers, used his connections in the medical and food supply industry to get products that were not available in retail stores, such as protein powders and amino acids. Thus began supplement sales and Muscles by Meyers."

In recent years, the business has expanded to reach an international market through an online store that ships all over the world.

"We process at least one online order a day," Clow says. "We're very competitive but we pride ourselves on good practices and product knowledge."

Each of the four staff members, including Clow, who work at Muscles by Meyers have a great deal of knowledge and experience working in the nutrition industry. Two of the staff members are competitive bodybuilders, one has a degree in nutritional sciences from the University of Manitoba, and the fourth is on her way to completing her nutritional sciences degree as well.

Each one of the staff is passionate about living a healthy lifestyle, sharing information and knowledge with others to help them do the same.

"When guests come into our store, we don't just hand them a product and say 'here you go,'" Clow says. "We ask them a series of questions about what they're looking for, what goals they're trying to achieve, and, based on their response, we make recommendations on what would work best for them."

Competitive prices, good customer service, client rapport and customer loyalty incentives and programs help keep business steady for the staff at Muscles by Meyers. Clow says the business likes to give back to the community that has helped it grow by sponsoring athletes and working with local charities.

"We love being involved in our community," he says.

For more information, please see musclesbymeyers.com.



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Visit our website to view our entire product selection, or come in today and talk to one of our product specialists.
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# CO-OP WITH GREAT LEGS TO STAND ON

## GRANNY'S POULTRY

There is an age-old question asking which came first — the chicken or the egg? In the case of Granny's Poultry, it was the farmer that came first. More than 50 years ago, a group of Manitoba farmers got together with a commitment to quality, fair pricing, and to ensure a sustainable future for the industry and for the community. This group of local farmers pooled its resources, forming a co-operative and establishing Granny's Poultry. Now owned by more than 170 chicken, turkey, and egg hatching producers, Granny's is the only Manitoba-owned poultry processor.

Granny's and its farmers continually strive to improve operations ensuring Granny's receives only the best possible product, bringing nutritious and delicious chicken and turkey to customers' tables.

A big part of this focus is innovation. One of the latest advancements is a specialty feeding program for chickens that includes alfalfa, flax, and ginseng. This diet benefits the end product with increased omega-3 and makes the texture of the meat more tender and juicy. An investment in continuous research and product development, along with its in-house dietician and chef, allows Granny's to dedicate a strong focus on developing healthy products for consumers that are versatile and easy to prepare. Granny's website is packed full of nutritional and product information, frequently asked questions, and, of course, mouth-watering recipes.

Granny's takes great pride in producing poultry that is grain-fed, free-run, and raised without hormones. As a consumer, you can be confident when purchasing Granny's poultry that you are investing in your health and that of your family's by providing a delicious and nutritious meal full of protein, vitamins, and minerals. Knowing where your food comes from, you are also supporting local producers and the local agri-food community since Granny's products are proudly made in Manitoba.

Look for Granny's products at local independent and grocery store chains or visit grannys.ca.

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I'M PROUD OF WHERE
I COME FROM!

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I bring protein, vitamins and minerals to the table, every night!

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Games can help build a child's word and number skills, as well as strategizing, problem solving, turn taking and negotiating, which is a great way to stimulate a child's academic skills while they are having fun. ISTOCKPHOTO/THINKSTOCK

# Celebrate another school year

MICHELLE WILLIAMS
For Metro

Are your kids sorry to see summer go? It may feel a little geeky for your kids to admit that they are excited about going back to class, but many children are.

Whether your kids are quietly cheering the start of school or wishing it was still a long way away, there are things you can do to celebrate the end of summer and the coming school year.

Start by asking your kids to make a list of what they like about school. This isn't just a make-work project.

"It's a reminder about why they enjoy and look forward to school and gets them thinking about the start of school in a positive way," said Kathy Lynn, parenting expert, speaker and author.

Plan a special end of summer activity. "A beach party or visiting a water park really celebrates summer," Lynn said. "Or, depending on the ages and interests of the kids, it could be something more educational, like a visit to a museum or science centre."

You can even go big and throw an end-of-summer party. "Invite school friends the kids may not have seen all summer to help re-establish connections."

Shopping for new school clothes and supplies is always lots of fun.

"Starting fresh with new things is a great way to get kids keen to head back to class," Lynn said.

Choose a day when things won't be busy or rushed and turn it into a special occasion by adding a lunch or a movie after you are done shopping.

It doesn't have to all be about celebrating.

"Pull out a few board games like Monopoly or Scrabble," Lynn said. "It will help build their word and number skills, as well as strategizing, problem solving, turn taking and negotiating — a great way to stimulate kids' academic skills while they're having fun."

Do your kids say they don't want to go back to class? Listen carefully to their reasons. It could be bullying, nervousness about moving on to a new grade or dealing with a new teacher. Lend an ear, it's important for kids to know you are there to support them.

Join our Volunteer Team of
Fall School Program Leaders
Stay Active! Do something that matters in your community. Share your knowledge and skills.
Training starts September 5
Flexible weekday commitments
Visit www.fortwhyte.org/volunteering or call (204) 989-8368 for more information.

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No sign up or email required.

Seattle's Humberto Quintero watches the path of his two-run homer with Toronto catcher DeMarlo Hale on Wednesday. ELAINE THOMPSON/THE ASSOCIATED PRESS

# No Happy ending in Jays pitcher's return

**MLB.** Return of pitcher J.A. Happ runs smoothly until fifth-inning comeback

Humberto Quintero's homer helped the Seattle Mariners complete their biggest comeback in two seasons.

Quintero's shot came in a six-run fifth inning that led to Seattle's 9-7 win over the Toronto Blue Jays, spoiling J.A. Happ's personal comeback from a serious injury.

**On Wednesday**

| Mariners | Blue Jays |
|---|---|
| 9 | 7 |

Happ made his first start since May 7, when he suffered a skull fracture and a sprained right knee after being struck behind the left ear by a line drive from Tampa Bay's Desmond Jennings.

Happ had three months of rehabilitation, primarily for the knee.

"It's been a long road to get back but at the same time I felt ready to help us win," Happ said. "And frustrated that it didn't work out today."

Happ, who took a no-decision, went four-plus innings, allowing seven hits and seven runs. He walked three and struck out two.

Brandon Maurer (3-7), who allowed eight baserunners and no runs in 3 1/3 innings, earned the win.

Five Mariners relievers worked the final seven innings, allowing no runs and six hits. It's the first time since Sept. 28, 2011 against Oakland that the bullpen has thrown at least seven scoreless innings.

Danny Farquhar worked an inning for his third save in five chances.

Edwin Encarnacion and Adam Lind hit back-to-back home runs for the Jays' five-run third, their 30th and 14th, respectively. It is Encarnacion's second straight 30-homer season.

THE ASSOCIATED PRESS

**Baseball**

## Ramon lives up to nickname as Goldeyes thwart Sioux City

The Winnipeg Goldeyes headed to the bottom of the ninth Wednesday night down a run to the Sioux City Explorers and looking for a little magic.

Then Winnipeg's own 'Famous' Amos Ramon pulled out his wand and crushed the game-winning double off the wall to hand the Goldeyes a 5-4 victory as they continue chasing the American Association wild-card spot.

The Explorers jumped out early in the top of the first as Winnipeg ace Matt Rusch allowed a pair of singles and a pair of doubles to make it 3-0 before the Fish even sent a batter to the plate.

But the Goldeyes kept chipping away at Sioux City starter Andy Noga with a Ray Sadler sacrifice-fly in the third, a Casey Haerther RBI-double off the wall in the sixth, and a Ramon two-out RBI-single in the seventh.

Fehlandt Lentini's leadoff double in the ninth set up Tyler Graham's RBI-single to tie the game before Ramon's heroics.

Winnipeg closer Brendan Lafferty took the win (3-2, 3.63 ERA) with a squeaky-clean eighth and ninth.

The Goldeyes' win keeps them on pace for the time being as Fargo's 2-0 win over St. Paul earlier in the evening has the Fish 8.5 games back of the North Division lead and 5.5 games out of the wild card.

Winnipeg eyes the three-game series sweep on Thursday.

DARRIN BAUMING/FOR METRO

# Raonic, Pospisil keep Canadian hopes alive

Vernon, B.C.'s Vasek Pospisil topped Radek Stepanek on Wednesday at the Rogers Cup in Montreal.
THE CANADIAN PRESS

Milos Raonic feels that things may finally be looking up.

The big-serving Canadian, who is adjusting to a new coach and a more aggressive style, was never in trouble in second-round action Wednesday at the men's Rogers Cup as he downed Mikhail Youzhny 6-4, 6-4 in Montreal.

It was the first time since May the lanky right-hander put two wins together, and the win was more decisive than his three-set win over Jeremy Chardy in the opening round.

"You sort of keep working away," said Raonic, who hired Ivan Ljubicic to replace Galo Blanco as his coach in May. "You keep hoping you get closer and closer to this.

"The thing is, I felt like I was getting closer definitely on the practice court, I just wasn't really doing it in the matches."

The Thornhill, Ont., product has maintained a career-high 13th spot in world rankings despite a 7-7 record over the last three months. He will play the winner of a match between sixth-seeded Juan Del Potro and Ivan Dodig, which was scheduled for later Wednesday night but was in danger of being postponed because of the weather.

Vasek Pospisil of Vernon, B.C., posted a 6-2, 6-4 second-round victory over Radek Stepanek to put two Canadians into the round of 16 at Canada's biggest tournament.

But Frank Dancevic of Niagara Falls, Ont., Vancouver's Filip Peliwo and Ottawa's Jesse Levine all lost their second round matches.

THE CANADIAN PRESS

**In Toronto**

- Marion Bartoli returned from a hamstring injury that had sidelined her since Wimbledon win to beat Lauren Davis 6-0, 6-3 Wednesday in the second round of the Rogers Cup.
- Fourth-seeded Li Na of China also advanced with a 6-1, 6-4 victory over Russia's Anastasia Pavlyuchenkova.

## Horoscopes

### ♈ Aries
**March 21 - April 20**
Astound people with your knowledge. Tell them how the world works. You may have no idea what you're saying but you speak with such conviction that few disbelieve you.

### ♉ Taurus
**April 21 - May 21**
You may be tempted to reveal a secret today but think carefully before you do. If you are going to divulge something that might be shocking, make sure you choose the right place and the right moment.

### ♊ Gemini
**May 22 - June 21**
Whatever experts may tell you today, your intuition will tell you something different. It is your intuition you must listen to. It may put you at odds with the majority but that's good.

### ♋ Cancer
**June 22 - July 23**
Someone needs help but is too embarrassed to ask for it. You know what the problem is and you know how to fix it, so do what you can to improve their situation. They'll love you for it.

### ♌ Leo
**July 24 - Aug. 23**
You'll do something out of the ordinary today just to see how others react. Make sure you leave a bit of space between you as they may respond in ways you had not considered, which could be painful.

### ♍ Virgo
**Aug. 24 - Sept. 23**
The secret to life is to not take it too seriously. That is the message of the stars for you today. Be ambitious, but don't make material success central to your existence. It's how you love that counts.

### ♎ Libra
**Sept. 24 - Oct. 23**
Friends and loved ones are likely to annoy you today, simply because they cannot make up their minds about anything. If you complain, they will find it amusing. After all, it's usually you who is indecisive.

### ♏ Scorpio
**Oct. 24 - Nov. 22**
The sooner you start on a project, the sooner it will be finished. So, stop making excuses and get on with it. Even if you take only one step forward today at least you are moving in the right direction.

### ♐ Sagittarius
**Nov. 23 - Dec. 21**
Ideas will come to you out of the blue and with remarkable clarity today, and at least one of them has the potential to transform your life. It's not just about ideas. You've got to act.

### ♑ Capricorn
**Dec. 22 - Jan. 20**
Act on the assumption that whatever you are told today is only half the story. It's unlikely that anyone is lying deliberately but chances are they don't know the full story, so how can they reliably inform you?

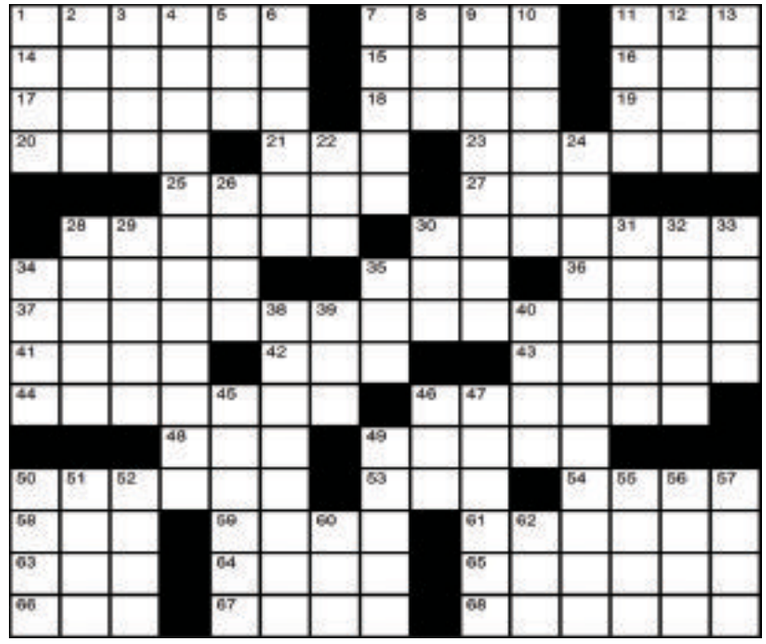
### ♒ Aquarius
**Jan. 21 - Feb. 19**
Don't waste time on trivial things, or trivial people. Think about what is really important, and think about how you can make the world a better place.

### ♓ Pisces
**Feb. 20 - March 20**
You are entitled to your opinions and to express them. Don't let anyone silence you today. The more they try, the more likely it is your opinions are hitting the right spot. Keep hitting it. SALLY BROMPTON

## Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



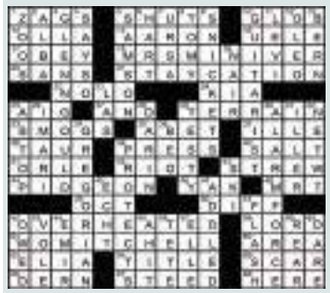
**Across**

1. Type of computer printer
7. French film
11. Blue Rodeo hit
14. One of Montreal's Concordia University's campuses
15. Dupery
16. Pronoun
17. Basketball great, __ Abdul-Jabbar
18. Commedia dell'__
19. Standard
20. Single-horse carriage
21. Celeb photographer
23. Bring†in from beyond
25. Picture files on PCs
27. __-locka, Florida
28. Rock: French
30. Horns of nature
34. "__ bleu!" (Golly!)
35. Camel hair garment
36. H.G. Wells people
37. Period of social change in Quebec in the 1960s: 2 wds.
41. Falsehood
42. That, in Tijuana
43. Tend the fire
44. This evening
46. Baseball team: acr. + wd.
48. Ginger drink
49. Picnic blanket's one-of-some
50. Vancouver-born actor Mr. Jackson
53. 'Motor' suffix
54. Yep's opposite
58. Commonly, in verse
59. Snare
61. Reached home plate, this way: 2 wds.
63. Charlemagne's li'l domain
64. 'Conval' suffix (Recuperate)
65. Nature/beach/recreation spot on Vancouver Island
66. '60/'70s war zone, informally
67. Want
68. Cold __ (Singer/songwriter from Etobicoke, ON)

**Down**

1. Types
2. Biblical mariner
3. Ms. Sedgwick of acting
4. Iconic 'Degrassi' character played by Pat Mastroianni: 2 wds.
5. 'Client' completer
6. Meddle
7. Cowboy coverings
8. 'Super' suffix
9. CBC News program, "The __"
10. Let off
11. Spelling misssstake
12. Bellylaugh!
13. Portable dwelling of Mongolia
22. 27, for one
24. Painter-at-the-easel's tool: 2 wds.
26. __-a-porter (Ready-to-wear)
28. Brazil's Sao __
29. 'Mort' suffix (Funeral parlor gig)
30. Blood-typing letters
31. Poet T.S.
32. Chess pieces
33. __ qua non (Essential factor)
34. Floor plan measuring unit, __. __.
35. Ms. Gardner
38. Practice for the play
39. Founded, for short
40. "Gomer Pyle, _._._._."
45. __-free bread
46. Calgary Flames org.
47. Bakery supplies
49. Made do
50. Saint __, New Brunswick
51. Canadian cellist Ms. Harnoy
52. Plant part
55. Relating to lyric poetry
56. "Get the Party Started" singer
57. Rock producer Brian's
60. Toronto Blue Jays mascot
62. Sever

## Yesterday's Crossword



## Sudoku

**How to play**
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

## Yesterday's Sudoku

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 3 | 1 | 5 | 6 | 8 | 2 | 4 | 7 | 9 |
| 7 | 6 | 4 | 9 | 3 | 1 | 2 | 8 | 5 |
| 2 | 9 | 8 | 5 | 4 | 7 | 1 | 3 | 6 |
| 4 | 8 | 7 | 1 | 5 | 6 | 9 | 2 | 3 |
| 9 | 5 | 3 | 2 | 7 | 4 | 6 | 1 | 8 |
| 1 | 2 | 6 | 3 | 9 | 8 | 7 | 5 | 4 |
| 6 | 7 | 9 | 8 | 2 | 5 | 3 | 4 | 1 |
| 5 | 4 | 1 | 7 | 6 | 3 | 8 | 9 | 2 |
| 8 | 3 | 2 | 4 | 1 | 9 | 5 | 6 | 7 |

## Weather

| TODAY | FRIDAY | SATURDAY |
|---|---|---|
| MAX: 19° MIN: 11° | MAX: 23° MIN: 10° | MAX: 23° MIN: 14° |

BT BREAKFAST TELEVISION

**JENNA KHAN**
**WEATHER SPECIALIST**
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